



best

health

HERBS
YOU NEED

15 GENIUS
DIET
DO OVERS

HOW TO RECLAIM JOY

Finally!
The perfect
red lip
PAGES 5

IS SOCIAL MEDIA
RUINING YOUR LIFE?

SWEET STRATEGIES

TO CUT SUGAR

PRACTISE SAFE STRESS
TRY THESE EXERCISES

30
40
50

FLAWLESS
SKIN AT



NUTRITIOUS CHOICES MADE SIMPLE

Guiding Stars will take the guesswork out of grocery shopping

Wouldn't it be great to find the most nutritious foods at a glance? Now you can, with the Guiding Stars program – an in-store food rating system that makes nutritious choices simple.



How does it work?

Guiding Stars is a 3-Star nutritional rating system that points you towards nutritious foods that contain vitamins, minerals, fibre, omega-3 and whole grains, versus foods with saturated fat, trans fat, added sodium and added sugar.

The more nutritional value a food has, the more Guiding Stars it receives. If a food receives no Stars, then it doesn't meet the rigorous nutrition criteria to earn a Star rating but can still be part of a balanced diet. All you have to do is check the label on the food shelf – and count your lucky Stars!

When shopping the centre aisles

It's easy to make nutritious choices in the produce and fresh food sections of the grocery store, where whole, natural foods are found. It can get trickier, though, when you shop the centre aisles for canned and packaged goods.

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Find out more at www.guidingstars.ca

best health



SCAN THIS PAGE WITH
LAYAR TO SEE HOW THE
GUIDING STARS PROGRAM
CAN HELP YOU AND
YOUR FAMILY IDENTIFY
NUTRITIOUS CHOICES!



RISE & SHINE

ADD COLOUR, NOT CALORIES, TO YOUR BREAKFAST



NOT TONIGHT, I'M TOO TIRED

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired...too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run down... especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time" it's time for a change.

Iron-deficiency symptom checklist

Are you iron-deficient?

- Do you often feel weak?
- Do you look pale, lack appetite or feel tired?
- Are you often cold or chilly?
- Do you have brittle hair and nails?
- Are you vegetarian?

The more questions you answered "yes" to, the higher your **risk of being iron deficient**.

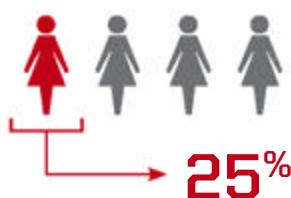


PREMIUM HEALTH PRODUCTS

We all need iron for energy

The chances are you could be missing a vital mineral – iron. In Canada, approximately 20% of women, 50% of pregnant women and 3% of men have iron intakes so low, they're constantly exhausted.

Women are especially prone to iron deficiency due to periods, pregnancy and breastfeeding. In fact, menstruation is the main reason women are 10 times more likely than men to suffer from low iron levels. Just a few consecutive heavy periods can cause iron losses that are difficult to reverse without supplements.



Iron deficiency affects 20% to 25% of the world population¹, with iron-deficiency anemia the most common type of anemia.

Reference

¹ McLean E, Cogswell M, Egli I, et al. Worldwide prevalence of anaemia. WHO Vitamin and Mineral Surveillance Information System, 1993–2005. *Public Health Nutrition* 2009; 12(4): 444–54.

Is iron missing in your diet?

Eating a balanced diet such as red meat, cereals and beans will help your body get enough iron; but if your diet hasn't been giving you the recommended 18mg of iron a day and you're feeling tired and run down, Floradix® Liquid Iron and Vitamins Formula could be the simple solution. In addition to iron, Floradix®'s gentle formula contains vitamins B₁, B₂, B₆, B₁₂, as well

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Model is wearing 5/45² Medium Intense Red

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FOUND IT! THE BEST RED.

What makes a great red lipstick? First, it needs to be hydrating (especially if it's a matte texture) because there's nothing worse than a flaky lip. Second, it shouldn't be too warm (orange-red) or too cool (blue-red). Here's our pick for perfection:

CHANEL ROUGE COCO ULTRA HYDRATING LIP COLOUR IN ARTHUR, \$42

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“ As someone with a passion for good food, I’d never sacrifice great taste for low calories. ”

-Voula Halliday, Food Writer & Chef, Toronto, ON

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“Cry me a river.”

I UTTER THESE WORDS WITH A smile behind the sternness as I fend off my kids' weekly rant about tackling the composting.

“Why can't everything just go into one big garbage? This is disgusting/slimy/stinky/gross,” they chime, changing words to match the contents of the pail.

“Uh-huh,” I nod, neither annoyed nor engaged. It's not worth reacting to — I know that from experience.

When I lived at home, one of my regular chores was to clean the plate glass windows that enclosed our front porch. No simple spray cleaner with paper towels for me. No, my mother insisted on a vinegar/hot water solution, wiped clean with old newspapers. And every week, I'd trudge to the kitchen, post-polish, raise my pruned and blackened hands and moan, “Ugh, look!” My mother's retort? Yep. “Cry me a river.”

Sometimes she'd add, “You know, the best things aren't always the easiest. That's what makes them the best.” I'd be halfway out the door to meet my friends at that point, never taking the time to ponder her words.

It's only now, decades on, that they sink in. The truth has a way of doing that, don't you find? It floats around your head until you're ready to absorb it and then, smack, it sticks like glue.

The best things aren't always the easiest — that's for sure. Problem is, the pursuit of “the big easy” is



one of modern society's favourite pastimes, present company included. I mean, life's tough enough, so anything that can lighten the load is worth investigating, even celebrating.

But the more we splurge on simple, the fatter our definition of the concept becomes. We start to equate easy with best, or use it as a marker for excellence. It is neither of these things.

Think back to an accomplishment you're particularly proud of: earning a diploma, having a kid, running a marathon. None of these epic achievements begins with easy.

So, in this issue, which focuses on spring cleaning — whether for body and soul, or house and hearth — we're layering on a coat of polish. Simply put, in addition to offering a collection of actionable — and, yes, simple — ideas to help you on your way to best health, we're including heaps of options that encourage you to customize your experience, so that you can work at your own pace.

After all, it's not a race to the best; it's a lifelong journey.

Happy (early) spring! 

BETH THOMPSON
EDITOR-IN-CHIEF
FOLLOW ME @MOREBETH

Beth

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GET GREAT HAIR,
PG. 32



BEST YOU



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FEEL BETTER, PG. 22

BEST EATS



EAT CLEAN,
FIGHT ILLNESS, PG. 116

{ ALL NEW }





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IN THE TRENCHES

In this issue, our Best Bets column features three on-trend trench coats at various price points. Online, we're showing you five fun ideas for styling a bonus trench coat. Find out what makes the cut at besthealthmag.ca/trench-style.

RELAX + INDULGE

If a weekend away at the spa is a little bit out of your budget this month, why not bring the spa to you? We've rounded up tons of cool DIY treatments and recipes, as well as the latest spa-inspired beauty products. Check out the best at besthealthmag.ca/home-spa and then put your feet up and relax.



THE BODY
SHOP SMOKY
POPPY DELUXE
COLLECTION
(VALUED AT \$50)

Sore throat, runny nose, congestion...

If this sounds like you, you're not alone. The average adult comes down with the common cold two or three times a year, and kids get it way more often – tots under two can get struck with the runny nose and cough of a rhinovirus as many as 10 times a year. Head over to besthealthmag.ca/cold-and-flu or scan this page with Layar for get-well tips and sore-throat remedies.



SNAP + SHARE



LOVE ONE OF OUR RECIPES? SNAP A PHOTO AND SHARE IT WITH US ON INSTAGRAM OR TWITTER USING THE HASHTAG #BESTEATS.

write + win

We'd love to know what you think of the new *Best Health*. Write to us for a chance to win today! The winning letter will receive this beautiful Body Shop Smoky Poppy Deluxe Collection (valued at \$50), which includes shower gel, body scrub, body butter, fragrance and a shower sponge.

Send your letters to besthealthmag@rd.com. Published letters may be edited for both clarity and brevity. For a complete set of rules and more information on this contest, please visit besthealthmag.ca/writeandwin.

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WE ASKED ...

Would you rather spring clean your house, closet or diet? How are you planning on carrying this out?



WRITER

GRACE TOBY

GUT CHECK, PAGE 72

The start of spring signals a siren for me to declutter my entire house. We accumulate so much stuff and I'm trying to get better at removing or donating items we don't need. But I still can't part with most of my magazine collection.



STYLE EDITOR

INGRI WILLIAMS

FLOWER POWER, BEST BETS, PAGE 51

A closet clean out is by far my first choice. I'm going to set aside a weekend afternoon this month to go through everything I own, have a garbage bag ready to fill with donations and then create a list of the spring must-haves I need ASAP.



AHOY MATE! FIND OUT HOW TO WEAR SPRING'S NAUTICAL LOOK



VIEWPOINT

NEED HELP TO GET YOUR CLOSET IN SHAPE? CHECK OUT STYLIST DEE CONNOLLY'S WARDROBE WISDOM

My wardrobe is actually a room off my bedroom. It's pretty organized and mostly black. I don't throw anything away. I'm careful with the clothes that I buy because I like them to last a long time. And, because I love my clothes, I make sure I stay the same size just so I can fit into them! I recently 'found' a jacket I bought over 20 years ago. After sending it to the dry cleaner's, it's like getting a new jacket all over again.

ON OUR COVER



PHOTOGRAPHY GENEVIEVE CHARBONNEAU
HAIR AND MAKEUP BLAIR PETTY, JUDY INC.
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WARDROBE TOP, MICHAEL BY MICHAEL KORS, AVAILABLE AT MICHAEL KORS BOUTIQUES ACROSS CANADA;
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best

NEWS

TIPS + TRENDS

MEET. SPRAY. LOVE.

Introduce your cleaning routine to a few natural born thrillers. Baking soda, lemons and vinegar are all heavy hitters in the grime world. Turn the page for more information on how to make natural cleaners work for you.

photography by MAYA VISNYEI



{wellness tips}

unplug, you're on vacay!

MEETING REQUESTS AND MEMOS from your boss won't ruin this March break, thanks to Enforced Vacation, a new app that pauses employees' access to company emails when they're off work. Whether you're lounging on the beach or spending quality family time at home, the app will ensure your vacation goes undisturbed.

SHINE MASTER

A Q+A with Amber Hamilton LaPorte, owner of Maid Natural Cleaning in Vancouver, BC

Are lemon, baking soda and vinegar really effective cleaners?

Definitely. Vinegar shines surfaces like counter tops and mirrors. Lemon is antimicrobial so it's perfect in the kitchen. Baking soda is an excellent scrubbing agent that can be put to work on everything from dirty ovens to soap scum. Be sure to use it on a dry tub, though, and then vacuum it up afterwards as it can clog your pipes if it goes down the drain.

Do you have any tips for laundry day?

I make a lavender-infused vinegar to use as a fabric softener. Here's how: Put a few sprigs of dried lavender in a glass jar with white vinegar, put on the lid. Let it sit for three weeks, then strain it and add to your washer like you would liquid fabric softener.

Are there instances where only heavy-duty products will work?

No. You can even clear a clogged drain without chemicals: Sprinkle about two tablespoons of baking soda in the drain, and then pour in a

1/2 cup of vinegar. Let it sit for 30 minutes – the fizzing reaction it creates will break down the blockage. Run hot water to clear it away. *BR*

**APRIL
22**

IS EARTH DAY.
GO GREEN!

WINE NOT

We've long been told that moderate alcohol consumption (a drink a day for women) was heart-healthy. But, according to a new Swedish study, this is only true for people with a specific genotype, who account for about 15 percent of the population. The rest of us aren't gaining any coronary-protective benefit from a nightly glass of Merlot.



87%

The number of cancer survivors who describe at least one psychosocial issue as moderate or severe. This emotional fallout from cancer and its treatment has been dubbed the "cancer blues" by the Canadian organization Beauty Gives Back (BGB). As a 25-year survivor of ovarian cancer, the group's executive director, Sherry Abbott, has first-hand knowledge. "Even decades later, the cancer blues continue to grip me as I live with physical and emotional effects of the cancer and the treatment I received."

For more information:
beautygivesback.ca

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† PHAC, 2009

{fitness flash}

SWEATBAND
CHIC

Headbands are hitting the streets this spring, which means you can go straight from Barre workout to boardroom with minimal fuss. Post-workout, use a hair brush, a few bobby pins if necessary and a spritz of hairspray to tame fly-aways. Reposition your band and you're good to go.

BOTTOM TO TOP: TITIKA ACTIVE COUTURE BRAIDED HEADBAND, \$10; LOLÈ REILEY HEADBAND, \$20; OLD NAVY HEADBAND (2PK), \$13



MIX MASTER

FEET, MEET CARDIO ULTRA, a fitness shoe made to tackle all your studio fitness workouts – from high impact classes to weights to circuits. All good, for sure, but what we're crushing on is the happy yellow hue. It's cheery enough to keep us smiling through every "just one more set, ladies."



REEBOK
CARDIO
ULTRA, \$120

WALKING
THE TALK WITH...

Harley Pasternak, celebrity fitness trainer and author of *5 Pounds*, \$26. (Available in March)

You recommend taking 12,000 steps a day. Why is plain old walking so beneficial?

First of all, everyone can do it, anywhere, anytime. There are very few physical or health reasons why you can't walk. In fact, most health issues are actually improved by walking.

Step for step, walking and running are very comparable in terms of calorie burn. It just takes you less time to run 1,000 steps than it does to walk them. That's why I like to measure my physical activity with steps per day rather than minutes.

What advice do you give your celeb clients that regular women should hear, too?

There's no advice that I would give a celebrity that I wouldn't also give a regular woman. People are people. Move, move all day, eat well and sleep well.

Is it wise to eat before a workout? What's a good pre-exercise snack and when should you have it?

Pre-exercise foods and post-exercise foods are more about training people for performance, and for elite sports. They're not really a concern with living a normal healthy lifestyle. Focus on eating three meals and two snacks a day and then decide where to put your workout. *ME*

105



THE NUMBER OF CALORIES
YOU'LL BURN ON A BRISK
30-MINUTE WALK WITH
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{beauty insider}

WE CAUGHT UP WITH...

Georgia May Jagger, international it-girl and face of Rimmel London, to chat about some of her favourite beauty tips and how she likes to use the latest Wonder'lash mascara to create her trademark bold fringe.

What is your favourite way to apply mascara?

For every day, I like to do one coat. I dab the end of the wand, where there tends to be extra mascara, on a tissue first. Then, I'll hold the wand upside down and brush it on towards the inner and outer corners of my lashes. For evening, I'll sit the brush horizontally right in the roots and then move it around a little bit to get a thicker-looking effect.

What are some of your other must-have beauty items?

A matte, orange-red lipstick, an eyelash curler, exfoliating products and Tracie Martyn skincare.

How do you like to treat yourself?

If I'm going to get a treatment, I'll do a shiatsu massage. I also just did acupuncture for the first time and it was amazing.

How do you switch up your look for spring?

I do more things as tints and use more rosy colours and light pinks. Instead of putting on a thick coat of something, I'll work the product in my fingers then dab a bit as a tint on my cheeks. I might even use something like a gloss on my eyelids. Not a sticky one – just to get more of a shiny, natural look. *th*

GEORGIA MAY JAGGER PHOTOS, INSTAGRAM; MASCARA, GEOFFREY ROSS; INSIDER TEXT, MEGAN KIRKWOOD

Novel Idea

Streamline your beauty routine in the prettiest way possible with Tory Burch's new eyeshadow palettes inspired by vintage books. Perfect for simplifying your everyday makeup stash, or toting for a weekend away, each compact has all the shades you need to pull off a variety of looks, including warm neutrals and soft smoky tones. We'll trade in our Insta-bait stack of coffee table books for this pretty little library any day.



TORY BURCH EYE SHADOW PALETTES
IN PAS DU TOUT,
CAT'S MEOW AND
CATCH, \$65 EACH

Dare to go bare with
Canada's  **BB** brand*
for every skin type.

*Barefaced
BB Beauty*

Looks naturally flawless.
Feels beautifully hydrated.



↑
NEW
Treats and
corrects acne

ALL-IN-ONE MOISTURIZER
WITH MINERAL PIGMENTS:

- Moisturizes and evens tone
- Smoothes and softens skin
- Brightens skin
- Conceals the look of redness, flaws and imperfections

FIND YOUR BB MATCH
IN THE SKINCARE AISLE OR AT GARNIER.CA

{nutrition nugget}



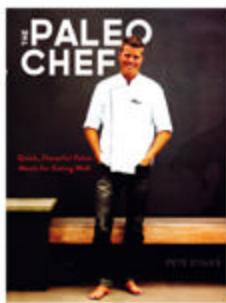
That's how much more healthy bacteria is in 100mL of kefir (an effervescent milk drink), compared to yogurt. See page 72 for the latest on maintaining good gut bacteria for whole body health.



STOP THE CLOCK

Calorie-reduced diets stop the normal rise and fall in activity levels of close to 900 different genes linked to aging and memory loss, say researchers at NYU Langone Medical Center. Their experimental results conducted in female mice, suggest that lower-carb diets in particular can delay the effects of aging and age-related disease.

OUR PICKS FOR HEALTHY READS



Every recipe includes a gorgeous photo. So helpful!

THE PALEO CHEF by Pete Evans, \$29, Random House

If you're thinking about adopting a Paleo diet (eating proteins and fats, veg and fruit, nuts and seeds), this is a great place to start. TV personality Pete Evans shares straightforward, but innovative, recipes including Kale Hummus, Portuguese Pork Burgers and Pumpkin Pie with Bacon Bark. Yum!

THE NEW HEALTH RULES by Frank Lipman, MD and Danielle Claro, \$26, Thomas Allen & Son

Want to get healthy but not sure where to begin? Start with this book. Beautifully illustrated, *The New Health Rules* contains over 175 tips to help you improve your overall health – mind, body and soul. The easy-to-follow advice even debunks common modern-day myths.

GREENS 24/7 by Jessica Nadel, \$26, Thomas Allen & Son

Over 100 vegan recipes are packed into this kitchen helper, using more than 40 types of green veggies including stalwarts like broccoli and superfoods like chard. As the title implies, there are ideas for every occasion.

Chocolate Hazelnut Avocado Torte, anyone?

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- ✓ Helps lower cholesterol levels* to promote heart health
- ✓ Promotes digestive health**
- ✓ Boosts daily fibre intake

*Lowers mildly to moderately elevated cholesterol levels when taken with a low-fat diet

**By relieving irregularity

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GREAT LEGS ARE ALWAYS IN STYLE

Make varicose veins a thing of the past.

Don't be one of those women who resorts to covering her legs with long skirts or nylons. Stop slathering on self-tanner to create the illusion of flawless legs. You needn't resort to these out-of-date measures. CircuVein is clinically proven to reduce the appearance of varicose veins and spider veins in just two months! CircuVein supports veins by reducing inflammation, improving circulation, and protecting and toning vascular blood vessels. Trust your gams to Flora, the company that has been providing premium herbal supplements since the 1960's.

Don't cover up your legs, flaunt them.

Available in natural health food stores, select grocery stores and pharmacies.



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GLUTEN-FREE



VEGAN

Women's
Product



NPN 80028881

best

LOOKS

IDEAS + INSPIRATION

THE SHINING

Welcome spring with a glossy smile. This season's light and bright colours promise something for everyone.

photography by
GEOFFREY ROSS



NARS
GUYANE LIP
GLOSS, \$31

MICHAEL KORS
LIP LUSTER IN
FIRE CORAL,
\$26

CHANEL
LÈVRES
SCINTILLANTES
IN FLEUR
D'EAU, \$31

REVOLN
ULTRA HD
LIP LACQUER
IN HD PINK
RUBY \$12

IPAD
EXTRA

LIP PREP TIPS +
PRODUCTS WE LOVE

BEST BUYS

A flawless face that will go the distance?
Sign us up! Here are our picks for the best
in hard-working foundations.

ALL 'BOUT THAT BASE



10
HOURS

Hyaluronic acid helps this buildable formula go on silky smooth while concealing scars, fine lines and wrinkles.

SEPHORA
COLLECTION 10 HR
WEAR PERFECTION
FOUNDATION, \$25

16
HOURS

Fragrance-free and lightweight, this foundation targets redness and other discolouration and comes in 20 shades to ensure you'll find the perfect match.

NARS ALL DAY
LUMINOUS WEIGHTLESS
FOUNDATION, \$57

24
HOURS

This velvet-finish formula with nourishing vitamin E helps control shine, even under the toughest conditions. Heat and humidity, beware.

ELIZABETH ARDEN FLAWLESS
FINISH PERFECTLY SATIN 24HR
LIQUID MAKEUP SPF 15, \$47



DULL?

Add radiance with crushed white sapphire.
WET N WILD COVERALL
PRIMER, \$6



SHINY?

Wear under or over makeup for a matte finish.

REVOLN PHOTOREADY PRIME
+ ANTI-SHINE BALM, \$18

HOW TO

APPLY MAKEUP PRIMER

Optimize the benefits of any foundation by first applying a primer. "Depending on your skin concerns, you can apply the primer as a spot treatment only in the areas where you need it. Or, if you want to make your foundation more efficient, apply a quarter-size amount all over, starting from the middle of your face and working out," says Trinidad Rivas, national education manager for Make Up For Ever Canada.



Peau Canada!

Skin feeling a little parched? Slather on this Made In Canada dream cream. Its star ingredient is antioxidant superpower Labrador Tea, but it also contains a master mix of three additional Canadian plants to fight wrinkles and improve radiance.

BEST TIP

For the fastest and most efficient application, use a brush or a makeup sponge to apply the primer with short downward strokes. "If you have sensitive skin, use a soft-bristled brush and gently press and roll it onto the skin to get the smoothest finish," says Rivas.

produced by MEGAN KIRKWOOD photography by GEOFFREY ROSS

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COLORLICIOUS #365 ENCHANTRESS BLUSH

Craving rich, satisfying lipcolor + lip butters?
We have your #! Find yours in delicious
Pinks, Plums, Reds and Nudes.
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#ColorMeCOVERGIRL



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ART ATTACK

Cuban-American design power couple Isabel and Ruben Toledo have joined forces with MAC to create a limited-edition collection inspired by their renowned affinity for colour and illustration. Each item, which ranges from lip gloss to makeup brushes, features Ruben's whimsical illustrations on rare blanc slate packaging. We especially love the ombré blush compacts, which are perfect for swirling on some of our own much-needed chroma after a long Canadian whiteout.



MAC BLUSH OMBRE
IN AZALEA BLOSSOM,
\$39



RODIAL BEE VENOM
& PLACENTA 24
CARAT ULTIMATE
CRÈME, \$850

HOT LIST

Gold Rush

The latest "it" ingredient? Solid gold, baby. Whether you're adding a little glamour to the beauty tools on your vanity or adding a little gold dust to your skin and nail treatments, this precious metal is gaining attention for its ability to protect and fortify, boost cell turnover and fight inflammation.



REVOLN GOLD SERIES
TITANIUM COATED SLANT
TWEEZER, \$18



REVOLN GOLD
SERIES TITANIUM
COATED EYELASH
CURLER, \$10



HARD CANDY GLOW
ALL THE WAY IN
TROPICAL TAN, \$8



SALLY HANSEN
18K GOLD
HARDENER, \$9

BEST SCORE!

Want thicker, healthier-looking hair? Um, is that even a question? Here are the newest nourishing treatments you can use once or twice a week to help pump you up.

SHINE ON, SISTER!



PANTENE
PRO-V
POWER
UP DAILY
TREATMENT, \$8

BEST FOR

OVERWORKED HAIR

Antioxidants work to ditch mineral buildup and seal broken hair cuticles, leaving hair stronger and shinier.



L'ORÉAL
PARIS
FIBRALOGY
MASK, \$8

BEST FOR

FINE HAIR

Containing a reparative molecule originally discovered in the glass industry, this formula penetrates the hair shaft and plumps up each hair for a thicker, lusher look.



KÉRASTASE
MASQUE
DENSITÉ, \$59

BEST FOR

AGING HAIR

Hyaluronic acid and ceramides work to fortify thinning hair fibres to help prevent breakage and restore body and fullness.

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COLORLICIOUS #240 CARAMEL KISS

Craving rich, satisfying lipcolor + lip butters?

We have your #! Find yours in delicious
Nudes, Pinks, Reds and Plums.

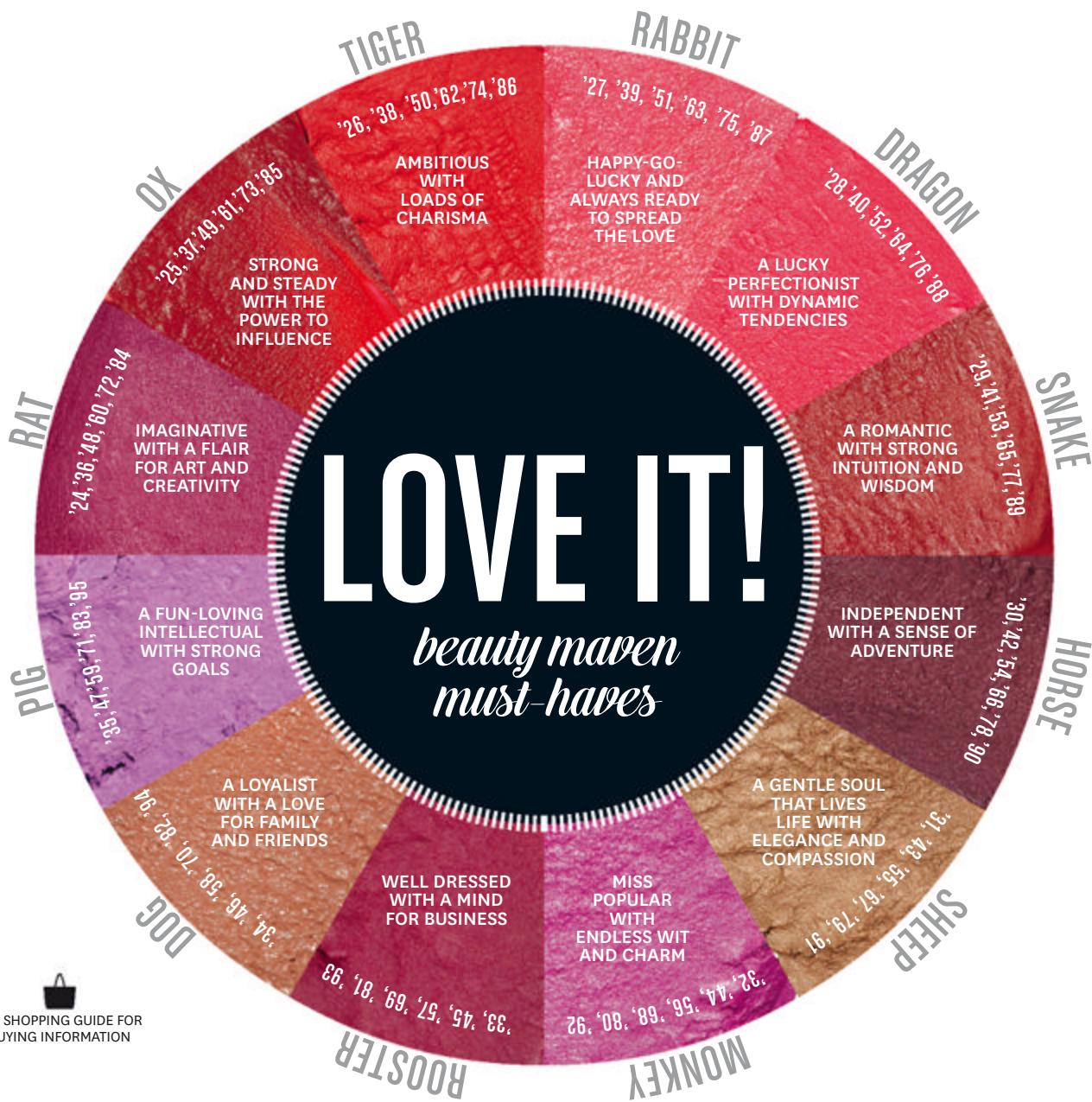
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#ColorMeCOVERGIRL



Your Lipstick Horoscope

Happy New Year! On the Chinese calendar, we've just entered the year of the sheep. So, what animal are you? Find your year to reveal your best traits and perfect lip shade.



SHEEP	MONKEY	ROOSTER	DOG	PIG	RAT	OX	TIGER	RABBIT	DRAGON	SNAKE	HORSE
NARS LIPSTICK IN LIGURIA, \$32	REVLON ULTRA HD LIPSTICK IN ORCHID, \$11	ELIZABETH ARDEN BEAUTIFUL COLOR MOISTURIZING LIPSTICK IN RASPBERRY, \$32	ROUGE DIOR BAUME IN PALAIS, \$37 (LIMITED EDITION)	MAC LIPSTICK IN ALEXANDRITE, \$21	CHANEL ALLURE VELVET LIPSTICK IN LA ROMANESQUE, \$40	RIMMEL LONDON MOISTURE RENEW LIPSTICK IN MAYFAIR RED LADY, \$8	MARC JACOBS LE MARC LIP CRÈME IN CORE CORA, \$38	CLARINS PERFECT SHINE SHEER LIPSTICK IN ROSE PETAL, \$27	WET N WILD LIPSTICK IN 15 MINUTES AFLAME, \$2	COVERGIRL COLORLOCIOUS LIPSTICK IN SUCCULENT CHERRY, \$9	VASANTI LOVE BRIGHTS GEL MATTE LIPSTICK IN DRUNK IN LOVE, \$19



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ACTIVE NATURALS®
positively
radiant.
targeted
tone
corrector

Aveeno.
ACTIVE NATURALS®

positively
radiant.
daily face
moisturizer
SPF 15

What's my advice for healthy-looking, radiant skin?
A good night's sleep and Aveeno®.

AVEENO® POSITIVELY RADIANT® face moisturizer has an ACTIVE NATURALS® soy formula to instantly reduce the look of brown spots. And for stubborn brown spots, there is new AVEENO® Targeted Tone Corrector with soy and vitamin A.

hue NEW?

Thinking of trying a different hair colour? Go for it! Changing your shade can pay big beauty dividends and brighten up your face – not to mention your outlook – especially after a long, dark winter, when your skin is beyond pale. Here, your complete step-by-step guide to mastering the art of DIY hair colour.

by KRISTEN VINAKMENS



HAVE A HAIR COLOUR HORROR STORY? TELL US ON FACEBOOK



STEP
1

Colour commitment

Are you in it for the long haul, want to cover grey or just want a subtle change? Time to weigh your hair colour options.

HENNA: For über-sensitive types, all-natural, plant-based henna dye may be the way to go. But while its chemical-free formula might appeal to nature lovers, Eric Del Monaco, official hair artist and colourist for L'Oréal Paris Canada, cautions that the reddish-brown dye can deliver mixed results and may impart a not-so-flattering metallic hue to the hair. "You can never really pinpoint the exact colour," says Del Monaco, "and henna may give grey hair an unwanted brassy or orangey tone."

The upside? Henna isn't permanent – it merely coats the surface of the hair – so it gradually fades after one to six months.

TO TRY LUSH CACA ROUGE, \$26



SEMI- OR DEMI-PERMANENT: The best bet for first-timers, semi-permanent colour enhances natural colour while boosting shine and gradually fades out after about 28 shampoos. It's also a good choice for damaged hair, since semis are often free of ammonia and therefore less harsh on brittle strands.

TO TRY L'ORÉAL PARIS CASTING CRÈME COLOUR GLOSS, \$12

PERMANENT: If you are looking for a bold change or want to lighten up or cover grey hair, permanent colour is for you. The colour lasts as long as it takes for your hair to grow out, so keep in mind that you'll need to do root touch-ups every four to six weeks or so to keep your colour looking fresh. When first starting out, Vidal Sassoon global editorial and session ambassador Duffy suggests choosing a hue that's one shade lighter than your natural colour: "You can always make a more dramatic change as your confidence builds," he says.

TO TRY GARNIER NUTRISSE NOURISHING COLOUR CREAM, \$10



IPAD
EXTRA

MORE HAIRCARE
PRODUCTS FOR YOUR
COLOUR-TREATED
LOCKS

STEP
2

Choose your hue

Now comes the delicate task of choosing your shade. That massive colour wall at the drugstore can be intimidating, but once you narrow it down to within your general colour family (light blonde or brunette, for example), you're on your way. Duffy says staying within one to two shades lighter or darker than your natural hair colour makes the process pretty much foolproof. To get your perfect match, the general rule of thumb is to opt for a shade that contrasts with your skin tone. "If you have cool skin, try for a little warmth in your hair colour; if you have warmth in your skin, try for a cooler tone," says Duffy. "As a rule, warmth and warmth or cool and cool don't mix."

Not sure whether you're warm or cool? Cool-toned skin usually has a pinky hue, while warm skin has yellow or green undertones. Del Monaco's trick: Try holding contrasting fabric or hair swatches next to your face. "If your skin is cool and you choose a cool colour, you just kind of fade into the background." And no one wants that! To find your best shade, consult our handy guide, below.

SKIN TONE FAIR COOL CELEBRITY MUSE NICOLE KIDMAN SUGGESTED COLOUR GOLDEN BLONDE	SKIN TONE OLIVE COOL CELEBRITY MUSE ALEXA CHUNG SUGGESTED COLOUR NATURAL MEDIUM BROWN
	
SKIN TONE FAIR WARM CELEBRITY MUSE GWYNETH PALTROW SUGGESTED COLOUR LIGHT CHAMPAGNE	SKIN TONE OLIVE WARM CELEBRITY MUSE KIM KARDASHIAN SUGGESTED COLOUR MOCHA BROWN
	
SKIN TONE MEDIUM COOL CELEBRITY MUSE CAMERON DIAZ SUGGESTED COLOUR WHEAT BLONDE	SKIN TONE DARK COOL CELEBRITY MUSE LUPITA NYONG'O SUGGESTED COLOUR DARK AUBURN BROWN
	
SKIN TONE MEDIUM WARM CELEBRITY MUSE SANDRA BULLOCK SUGGESTED COLOUR DARK WALNUT	SKIN TONE DARK WARM CELEBRITY MUSE VIOLA DAVIS SUGGESTED COLOUR DEEP MAHOGANY BROWN
	

PRODUCTS, GEOFREY ROSS

'HAIR CARE'S MOST AWARDED, COLLECTION*'



**BEAUTY EDITORS
CAN'T GET ENOUGH
OF PANTENE'S EXPERT COLLECTION**

Pantene's Expert Collection not only helps restore smoothness and shine, but helps erase damage in just one wash.

PANTENE EXPERT



*Magazine Awards in 2014 from top Canadian Publications with award programs.

STEP
3

Your workback schedule

ONE WEEK BEFORE: Use a deep conditioning mask or treatment twice a week in the lead-up to colouring to hydrate your hair and get it in its healthiest condition. This helps close the hair cuticle and minimize porosity of strands for more even application, says Del Monaco. If your hair is especially damaged, start deep conditioning two to three weeks in advance. For particularly dry ends, go to the salon for a trim first.

TO TRY JOHN FRIEDA FRIZZ EASE MIRACULOUS RECOVERY DEEP CONDITIONER, \$11

TWO DAYS BEFORE: Wash your hair, and don't wash it again before you colour. This allows your scalp's natural oils to build up a bit, which is a good thing because it helps protect your skin from any tingling sensation during the colouring process. The oils also help hair colour adhere better, which leads to a better colour result.

ONE DAY BEFORE: It goes without saying, but even if you've coloured your hair before, follow the instructions, and that includes the skin allergy and strand tests.

While they're rare, allergic reactions can happen, so mix up the formula and test it out on the inside of your arm. While you're at it, use the rest of the colour to soak a 1/4-inch lock of hair clipped from underneath your strands. If the colour isn't what you'd hoped for try out a different one. "For really long hair, you might want to have two boxes on hand," says Del Monaco, since it's best to have more colour than you need to coat every last strand.



STEP
4

Staying alive

Maximize the life of your shiny new colour with these tips.

PUT DOWN THE FLAT IRON: If flocking away your heat styling tools isn't an option, spritz on a heat-protecting product beforehand to create a protective barrier, and lower the temperature to prevent heat damage and colour fading.

TO TRY TRESEMMÉ PLATINUM STRENGTH HEAT SPRAY, \$6



CHOOSE COLOUR-SAFE HAIRCARE: Use shampoo and conditioner tailored to coloured hair, and try to limit washing to two or three times per week. For redheads, use lukewarm water when sudsing strands, says Del Monaco, since hot water can accelerate colour fading.

TO TRY DOVE COLOUR CARE SHAMPOO & CONDITIONER, \$8 EACH



AVOID THE SUN: Or, at least, avoid prolonged sun exposure. Wear a hat if you'll be at the beach or outside for long periods of time, or use a UV-protecting spray, which is like sunscreen for your hair. "The best rule for maximizing the life of your colour is moderation: Don't overwash, overstyle or overstress your hair," says Duffy.

TO TRY L'ORÉAL PARIS COLOUR RADIANCE DUAL PROTECT SPRAY, \$8 (NOT SHOWN)

Fixer Upper

Still didn't get the results you'd hoped for? Get solutions to some common at-home colour mishaps.

YOUR HAIR IS...TOO BRASSY.

Try an ash-based hair colour on top to temper the brassiness. For example, if you've gone with a medium brown, try an ash brown that's two or three shades lighter and leave it on for 10 to 15 minutes, says Del Monaco. Alternatively, use a "brass banishing" shampoo with a violet or blue tone once or twice post-colour to help balance out a too-red hue.

YOUR HAIR IS...TWO-TONED.

If your ends are damaged or if

you've been colouring a long time (and applied the colour all over your hair each time), you can end up with a two-tone effect, where your ends are darker than the rest of your hair.

Aside from applying a separate dye to make the rest of your hair dark, treat the ends and lengths separately. Vidal Sassoon's new Salonist Haircolour includes a serum that tailors remaining colour for an even result. "The VS Serum adjusts the colour formula between

Step 1 and Step 2 of the application process by adjusting the level of actives in the formula for the lengths to ensure each part of the hair gets the level of colour it needs," says Jaime Stahl, Vidal Sassoon Research and Development, Products Research.

TO TRY VIDAL SASSOON SALONIST PERMANENT AT-HOME HAIRCOLOUR, \$16

YOUR HAIR IS...UNEVEN.

Missed a few spots? It happens, especially if you're a colouring newbie. There's not much you can do after the fact, especially if the colour is permanent, so be sure to use a semi-permanent colour when first starting out. And follow the instructions

closely, which means applying the colour section by section, ensuring that every strand is saturated and running colour through the hair with a wide-toothed comb.

ALLERGIC TO DYE? TRY THIS!

Available in 22 shades, Wella Professionals Koleston Perfect INNOSENSE is formulated with a molecule, ME+, that bypasses the T-cell receptors responsible for triggering an allergic reaction from traditional dyes.



Nothing is as beautiful as confidence.



Nature's Bounty® Hair, Skin & Nails nourishes from the inside with active ingredients that support hair, skin and nails, so you can look and feel your absolute best.



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As a reminder, discuss the supplements and medicines you take with your health care provider. These products may pose risks and may not be suitable for everyone. Always read label directions and warnings prior to use.

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15-NB-1009dr



Kate Walsh

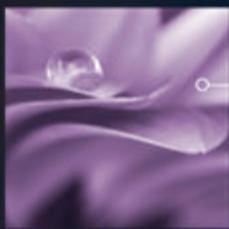


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Sleeping Cream



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reduces signs of fatigue from the 1st night.



LAVENDER ESSENTIAL OIL, HYALURONIC ACID + LHA COMPLEX.
INNOVATIVE BOUNCE-BACK TEXTURE.

- **FROM THE 1st MORNING:** HYDRATED, SMOOTHED, SKIN LOOKS LESS FATIGUED.
- **AFTER 28 NIGHTS:** FIRMER, PLUMPED WITH MOISTURE, SKIN LOOKS YOUNGER.

DERMATOLOGICALLY
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A CLEAN START

Been awhile since you reviewed your daily cleansing regimen? Revamp your routine this season and score your best complexion ever.

by MEGAN KIRKWOOD *photography by GEOFFREY ROSS*

SWITCHING UP YOUR CLEANSING AND EXFOLIATING ARSENAL BASED ON your skin's ever-changing needs is a crucial step to not only guarantee properly cleansed skin but also ensure you cater to your complexion's evolving issues, which could include sensitivity, dryness, acne and aging. "Proper exfoliation is one of the easiest and least expensive ways to better-looking, healthier skin," says dermatologist Dr. Lisa Kellett of Toronto's DLK on Avenue. Since there are so many cleansing options available, it's a good idea to break down your skin's needs as you age; what you require in your 30s won't be as applicable in your 40s or 50s.

WEB
EXCLUSIVE

MAKE YOUR OWN MASKS AND SCRUBS. FIND OUT HOW AT BESTHEALTHMAG.CA/DIY-BEAUTY

TRUE OR FALSE?

“USING A FANCY, SONIC FACE BRUSH EVERY DAY WILL LEAVE ME WITH MY SMOOTHEST, SOFTEST SKIN YET.”

FALSE Daily use of an automated facial brush does not automatically equal gorgeous, glowing skin. When using these types of “power tools” on your face, it’s important to remember that they’re not just cleansing your skin but also exfoliating on a deeper level. “Using an exfoliating device in combination with other chemical or mechanical exfoliants can lead to irritation,” says Dr. Kellett.

If you’re prone to acne or cold sores, you’ll also want to think twice to avoid increasing inflammation in your skin and even spreading an active virus to other parts of your face. Since exfoliating every day can be too irritating for most people, consider treating a sonic tool as a special treatment and only use it a couple of times a week. Remember to look for devices that target sensitive skin, and cleanse and replace the brush heads regularly to avoid nasty bacteria.

“Give the brush heads a good cleaning with antibacterial soap every time the unit needs to be recharged, which is usually every two weeks. The brush heads should be replaced no less than twice annually, but seasonally or four times a year is best,” says Dr. Tina Alster, director of the Washington Institute of Dermatologic Laser Surgery and clinical professor of dermatology at Georgetown University Medical Centre.

When you’re not using a special facial brush, you can safely exfoliate every day with a cleanser that contains mechanical exfoliants, such as small beads or seeds, or chemical exfoliants, such as alpha-hydroxy acids (watch for glycolic, citric or lactic acids on the label). “When shopping for an exfoliating cleanser, look for a non-foaming, gel-based formula, which won’t be overly drying to the skin,” says Dr. Kellett.

Using these types of formulas at night will also help to effectively cleanse skin after makeup and prepare it for your night serum or cream. It’s also important to restrict chemical exfoliants to night use to avoid irritation when going out in the sun – although you’ll still want to ensure you’re protecting yourself with a daily SPF. After any exfoliating session, be sure to moisturize immediately while your skin is still damp so that the active ingredients can be best absorbed.



TO TRY

- 1** PHILIPS
PURE RADIANCE FACIAL CLEANSING SYSTEM, \$150
- 2** CLARISONIC SMART PROFILE, \$299
- 3** KELLETT POLISHING GEL CLEANSER, \$45
- 4** L'ORÉAL PARIS SUBLIME RADIANCE REVEALING EXFOLIATOR, \$12
- 5** CONSONANT 20% CLAY EXFOLIATING CLEANSING BAR, \$18. SEE PAGE 138 FOR SHOPPING INFO.

40s

1



2

NEUTROGENA®
Extra Gentle
Cleanser

Nettoyant
extra doux

fragrance-free • non parfumé

adds back moisture
every time you cleanse
réhydrate à chaque emploi

Neutrogena®

200ml
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3

live clean
(FRESH FACE)



hydrating
CREAMY CLEANSER

CRÈME NETTOYANTE
hydratante

dry-normal skin • peau sèche à normale
175 ml / 6 U.S. fl.oz.

4



TO TRY 1 **OURS** 3-IN-1 CLEANSING OIL, \$15 2 **NEUTROGENA** EXTRA GENTLE CLEANSER, \$11 3 **LIVE CLEAN** (FRESH FACE) HYDRATING CREAMY CLEANSER, \$15 4 **SKYN ICELAND** NORDIC SKIN PEEL, \$50. ALSO RECOMMENDED BUT NOT SHOWN: **GARNIER** ULTRA-LIFT MIRACLE SLEEPING CREAM, \$25. SEE PAGE 138 FOR SHOPPING INFO.

TRUE OR FALSE?

“I’VE BEEN USING THE SAME CLEANSER FOR OVER A DECADE; IT’S TIME TO TRY SOMETHING NEW.”

TRUE Once you hit your 40s, your skin naturally starts to become drier and more irritation-prone, but its condition can vary daily, depending on the environment, your skin type and even where you are in your menstrual cycle, says Dr. Kellett. Think about treating your skin with more moisturizing cleansers and avoiding harsh formulas that can contribute to sensitivity.

“It’s best to avoid scrubs or exfoliators with high concentrations of acids,” says Dr. Alster. You can still use a sonic facial brush, but limit its use to avoid over-exfoliating.

When cleansing your face on a twice-daily basis, stick to creamy or oil-based, soap-free formulas that are as hydrating as possible, with ingredients such as aloe, coconut oil and vitamin E.

“When using gel cleansers, the skin can become too dry,

making it look old and more prone to irritation,” she says.

Since your skin tends to be drier, you may also notice flaky patches that you’ll want to buff away on a regular basis to maintain a smooth, radiant complexion. A couple of times a week, try using an exfoliating facial wipe in the early evening – say, when you remove your makeup after work – to ensure a deep clean while also ditching dead skin cells.

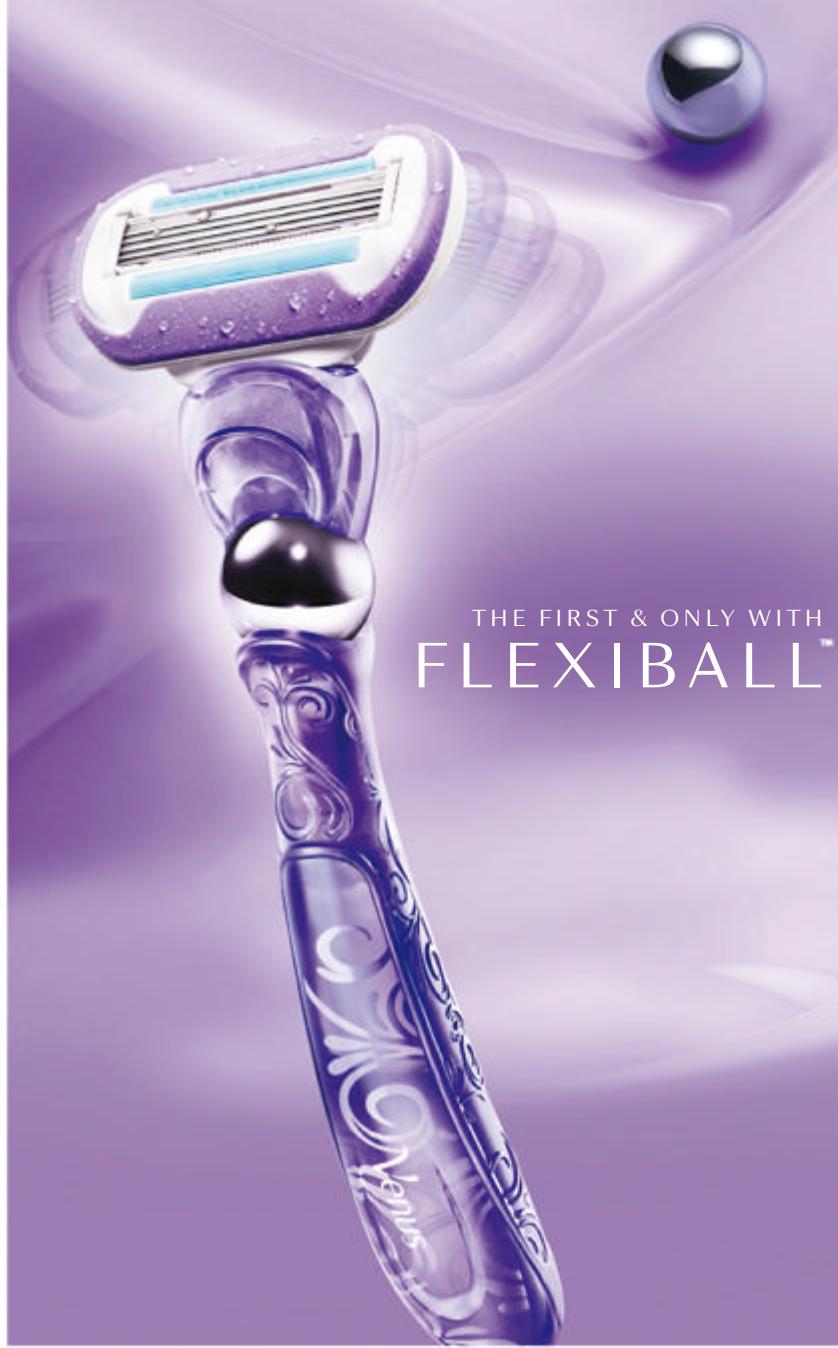
“Spreading out the use of skin-irritating ingredients helps to protect your complexion and is especially useful when using an anti-aging formula overnight, such as a night cream with vitamin A,” says Dr. Kellett. If you find your skin is feeling extra-dry and papery, you can also skip the morning cleansing and simply splash with warm water before applying moisturizer if you already washed your face before bed the night before.

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TRUE OR FALSE?

“OILY CLEANSERS ARE GOOD FOR REMOVING MAKEUP BUT CAN CLOG MY PORES AND LEAVE MY SKIN WITH A GREASY RESIDUE.”

FALSE Oil cleansers are extremely effective at removing not only makeup but also the skin's excess sebum. When used correctly, they rinse skin clean and help moisturize it, making them ideal for older, drier skin.

“Oil attracts and removes oil, so when you cleanse with clean oil, it lifts and replaces the dirty oil or sebum residing on the skin's surface. When you use a formula with botanical oils, which are rich in vitamins, low in molecular weight and non-comedogenic, such as olive, blackcurrant or sesame oil, they absorb into the skin and help nourish it without any residue,” says Richard Pietz, global director of product development for Jurlique.

The key to properly attracting and drawing out the impure oil from your skin is to apply cleanser while your face is completely dry. Massage it into the skin to remove residue, then

wet your fingers with water and continue to massage until the cleanser turns milky. Finally, rinse it off.

Using a balm-like cleanser with a baby washcloth or muslin is also very soothing and will work twofold by simultaneously exfoliating – just avoid any scrubbing motions or regular washcloths, which can irritate the skin, says Dr. Alster.

Pumping up your skin with hydration is key to maintaining a glowing complexion. To max out on moisture, trade your usual night cream for a mega-hydrating mask. Look for formulas with ingredients such as hyaluronic acid, glycerin and shea butter. Once a week before bedtime cleansing, use an exfoliating mask that contains calming ingredients such as green tea and cucumber, but no acids. This will help your skin tone by removing dead cells while also prepping your skin for your night serum, cream or mask. *MF*

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by INGRIE WILLIAMS *photography by LUIS ALBUQUERQUE*



Flower Power

If there's one way to pluck your spring style out of a rut, it's with a fabulous floral print. This season, options are lush: choose from massive blooms, exotic-looking flora or digitally enhanced petals. And with the right stylish extras (including beauty must-haves), floral prints can grow to suit any dress code, whether it's a luxe lunch with the in-laws, a sexy date with your guy, or a totally relaxed brunch with your girls. Here's how to get in a garden state of mind.

TED BAKER DOMINA-
DISTINGUISH ROSE
(XHTCH) LADY
BAG, \$200



Lunch Date

THE STATEMENT PIECE

Equal parts demure and dramatic, a beautiful structured bag enveloped in oversized blooms, is a single hit of floral that packs a punch.



Impress Your in-Laws

Itty-bitty florals aren't your only choice when you need to look extra polished for an important lunch. Even the boldest blossoms can strike an elegant note if soft hues and classic silhouettes, such as a pencil skirt, are in play. Pull out all the ladylike stops by adding delicate lace, ivory accents, a rosy glow and perfume featuring white floral notes.



SEE SHOPPING GUIDE FOR
BUYING INFORMATION

Brunch Date

THE STATEMENT PIECE

Worn with jeans, a tropical print tee puts a stylish twist on the ultimate kicking back uniform. Seek out tops that mix fabrics, like silk and cotton, for an ultra luxe look.



LIU JO GREY
FLORAL GRAPHIC
TEE, \$210



Out with the girls

A gauzy floral print scarf and the latest denim, lightened up with a faded blue wash and paint splatters, ooze an easy Sunday morning vibe. Demand a laidback attitude of your extras, too. Chic sneakers, a hands-free bag, modern rose fragrance and a daring nail polish colour are as mandatory as a round of mimosas.



SEE SHOPPING GUIDE FOR
BUYING INFORMATION



NINE WEST
(FUNNYHOW3)
HEELS, \$120

Late Date

THE STATEMENT PIECE

The best way to walk on the wild side is to slip on a pair of floral print heels. From classic pumps to trendy mules and sexy sandals, a fresh crop awaits!



Effortless in every way, a floral print dress deserves strong consideration for your next night out with your guy. An edgy graphic print and fuss-free t-shirt shape helps this one earn two thumbs up. Accessorizing with clean lines, such as a bright moto jacket, strappy heels and minimalist jewelry, completes the picture – as do plum smoky eyes and softly-scented skin.



SEE SHOPPING GUIDE FOR
BUYING INFORMATION

TRENCH Connection

A trench coat is, hands-down, the chicest way to take on wet weather. Since it's been reimagined dozens of ways, there's at least one waiting to match your budget, body shape and personal style. Pick one you love, then plan to wear it everywhere – you'll be the "raining" champion of spring.

by INGRIE WILLIAMS photography by LUIS ALBUQUERQUE

*this will be mine...
TODAY*

PROOF THAT EVEN CLASSIC BEAUTIES CAN BENEFIT FROM AN UPDATE, THIS TRENCH BOASTS A COLLARLESS CUT, MIDI-LENGTH HEM, DEEP CAMEL TONE AND SILKY-SOFT FABRIC. IT'S A HANDFUL OF SMALL DETAILS THAT ADD UP TO A WHOLE NEW TAKE ON THE TRADITIONAL STYLE.

424 FIFTH, \$179



*saving for...
SOMEDAY*

STREAMLINED DESIGN AND SATINY TEXTURE ASIDE, THERE'S MORE THAN MEETS THE EYE WITH THIS LUXE-LOOKING JACKET. IT'S ACTUALLY WATER REPELLENT, THANKS TO A TEFLON TREATMENT. JUDITH & CHARLES MONTGOMERY COAT, \$550



*on my list for...
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MICHAEL BY MICHAEL KORS, \$295



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ROAD TO JOY

Are you stalled in your pursuit of happiness? Take these six steps to get back on track, see page 64

GENEVIEVE CHARBONNEAU; STYLING, INGRIE WILLIAMS



{health, naturally}

ARE DETOX DIETS A GOOD IDEA?

by PENNY KENDALL-REED,
NATUROPATHIC DOCTOR

DETOX DIETS HAVE GAINED POPULARITY thanks to high-profile celebrity endorsements. But what are they really, and does everyone need them? I'm a believer. Think of it this way: You service, tune up and clean out your car regularly to extend its longevity, and your body is no different.

DETOX 101

In a nutshell, detoxification is the process of clearing the body of potentially harmful chemicals. This includes carcinogens and other environmental toxins, such as air pollutants, digestive by-products, hormones and pesticides, that we intentionally and unintentionally ingest or produce through the body's normal metabolism.

The majority of the detoxification process takes place within the liver and gastrointestinal system and is divided into two main phases. The first involves the breakdown or modification of toxins into different forms. The second involves binding these newly formed chemicals to specific protein molecules to be excreted by the body.

PHASE 1 Toxic elements are biochemically altered by a group of enzymes known as the cytochromeP450 system. This system of enzymes destroys or transforms harmful chemicals and toxins through a series of biochemical reactions known as oxidation-reduction reactions and hydrolyzation. These biochemical processes alter the shape of the toxin, making it more attractive

"YOU SERVICE, TUNE UP AND CLEAN OUT YOUR CAR REGULARLY TO EXTEND ITS LONGEVITY, AND YOUR BODY IS NO DIFFERENT"



and readily available for binding in phase two of the process. These intermediate metabolites are known as xenobiotics.

PHASE 2 In a process known as conjugation, the altered toxin is coupled with a protein molecule to make it more soluble in water and easier to excrete in bile or urine.

A detoxification diet begins with the exclusion of simple sugars, saturated fats, alcohol, caffeine and foods containing additives and preservatives, which lessens the load on the liver and kidneys. I recommend organic foods to decrease exposure to pesticides and exogenous hormones. Foods such as lemons, beets, carrots and artichokes stimulate the cleansing process in the liver, so these should be increased. Here's an easy tip: Start your day with hot water and lemon instead of coffee.

Protein is essential for cell manufacture and repair, enzyme production and liver regeneration. Choose lean organic protein sources, such as fish, egg whites, turkey, chicken, protein shakes and soy/tofu, as your main protein sources. You should be eating one gram of protein per kilogram of your body weight per day, divided into three meals. (If you weigh 60 kilograms, you will need 20 grams of protein at each of your three meals.)

Whenever you start a detox or any natural supplement, check with your healthcare practitioner to ensure that it is safe for you. *✓*

WHICH HERBS WORK BEST?

There are several I recommend to aid the detox process.

MILK THISTLE helps protect the healthy cells in the liver from free radical damage and inflammation caused by toxins.

TURMERIC protects the liver from incoming toxins through its potent anti-inflammatory and antioxidant properties.

DANDELION is beneficial for both the kidneys and the liver. Although its mechanism is not thoroughly understood, dande-

lion has diuretic properties (to flush out toxins) with potassium-sparing effects and helps protect against kidney stones.

BURDOCK is high in fructo-oligosaccharides (FOS), which will increase the beneficial bifidobacterium and eliminate

bacterial pathogens that can build up in the gut.

FIBRE AND BENTONITE CLAY are both used to help remove toxins and excess fats.

FOR MORE INFO ON HOW THESE HELP DETOX, GO TO:
besthealthmag.ca/detoxherbs

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HAPPINESS

is the truth

Many of us go to great lengths in search of joy, but the reality is, it lies close to home – usually deep within. So, are you ready to find your bliss? Relax, it's really not as intimidating as it sounds – nor does it involve years of expensive therapy.

In fact, the key to your happiness could be as simple as embracing who you are. As the late comedienne Lucille Ball once said: “Love yourself first and everything else falls into line.”

Not comfortable putting yourself first? Then perhaps you'll find joy in giving back to society. According to Ghandi: “The best way to find yourself is to lose yourself in the service of others.”

The bottom line is, there are many routes to happiness, you just need to find the right one. To start you on your journey, we found six women who discovered their joy gene and learned to live happily ever after. Now they're sharing their stories.

by ANNE BOKMA illustrations by TIM ZELTNER

DO YOU KNOW SOMEONE WHO seems perennially perky? For a lucky few, the ability to lead a joy-filled life is an accident of genetics. But for the bulk of us, it takes conscious effort. Happiness doesn't just happen – like anything we want in life, we have to work for it.

The good news is that we have a lot of control over the thoughts and actions that can crank up the joy dial in our lives. And it's worth making the effort to increase the volume – joy is what gives life meaning, helps us through the rough spots, inspires us to do wonderful things and brings inner peace.

When did you last jump for joy, literally or figuratively? Maybe the time has come to make the leap to a life that feels more abundant with delight. You may be pleasantly surprised to learn that by rekindling a single quality that you've lost touch with, you can reawaken happiness.

So, what qualities make the cut? Here are our top six picks, complete with stories from real women who learned how to get their bliss on.

GRATITUDE

{MAKE IT AN ACTIVE PRACTICE}

HOW IT'S LINKED TO JOY: Practising gratitude invites more joy into our lives. "When we choose not to focus on what is missing from our lives but are grateful for the abundance that is present, we experience heaven on earth," says inspirational writer Sarah Ban Breathnach. For Karen Graham, a 56-year-old success coach and counsellor in Barrie, ON, being consciously grateful helps her cope with bouts of seasonal affective disorder. "I find I'm more likely to experience joy if I'm content with what I have," she says.

HOW WE LOSE IT: We often feel dissatisfied when we compare our lives to others and imagine theirs is so much better, says Graham, who cites this favourite quote from Theodore Roosevelt as a reminder not to do that: "Comparison is the thief of joy."

HOW TO RECLAIM IT: A tangible gratitude practice – keeping a gratitude journal or saying grace at dinner that includes what you are thankful for – can shift your mood from blue to blissful. Every night before nodding off, Graham tries to remember to recount three things



she was thankful for that day. "Some are big, like my health or my home, and others are small, like basmati rice." And, because she's "more likely to feel gratitude when she's outdoors," she makes sure to take her yellow lab, Hailey, for a walk in the woods every day. "Nature is a spiritual place and the forest is my cathedral. When I'm feeling connected to the universe, I'm always in a grateful place."

AUTHENTICITY

{REDISCOVER WHO YOU ARE}

HOW IT'S LINKED TO JOY: "The privilege of a lifetime is to become who you truly are," wrote Carl Jung. Authenticity means having the self-awareness to understand what really brings you happiness – only then will you be able to discover your life's purpose and pursue it with passion.

That's what Dr. Cathy Klein did when she gave up a high-profile, high-paying career as a head soccer coach at a prestigious U.S. university to pursue her passion of teaching by creating a developmental training program. That was over 10 years ago, and she's never looked back. "I followed my passion and found my joy – which involves working with kids and dogs – and rebuilt my life. I used to have a six-figure income and a big expense account. Now I live in a small cottage in the country and have a minimalist lifestyle," says 50-year-old Dr. Klein, of Carlisle, ON. "I peeled away the layers to find out who I really am and I've never been happier."



By **Isabelle Neiderer**,
Registered Dietitian for
Dairy Farmers of Canada
dairygoodness.ca



Lunch is in the Bag!

Want to eat delicious balanced meals that energize your day? Forget restaurants! Make it and take it with you. Read on for lots of persuasive tips and appealing ideas.



Compelling Reasons to Bring Your Own

ENERGY—A healthy homemade four food group lunch is power fuel.

GREAT TASTE—You get what you really like, made your way.

PORTION SIZES—You choose the amount of food that's right for you.

LESS FAT AND LESS SALT than restaurant meals—Because you're doing the preparing!

HIGH-QUALITY NUTRITION—Get more vegetables, fruit, whole grains and milk products. Restaurant meals rarely supply enough of these great foods!

SAVINGS—Making your own lunch can save you a bundle.

Quick Start Guide

A little planning reduces stress and makes lunches-to-go an appetizing proposition. Start by stocking up on nutritious foods that make easy salads, soups and sandwiches. Cupboard ideas: canned lentils, chickpeas or black beans; cans of salmon or tuna; packages of grain products such as quinoa or short whole-grain pasta. In the fridge, think protein foods like cheeses, yogurts and eggs, as well as leafy greens, veggies and fruit. Also, keep a variety of whole-grain bread products and nuts in the freezer.

Timely Tips

- Make kitchen time more productive by cooking extra for stress-free lunches—soups, curries, stews, etc.
- Cook and freeze extra quinoa, couscous and rice for whipping up quick salads.
- Make bigger roasts to supply healthy sandwich slices.
- Wash and prepare produce ahead for convenient use.
- Remember nutritious snacks to keep in the workplace fridge: milk for a protein and calcium boost, fresh fruit and yogurt or raw veggies and hummus for energy between meals.

Experiment!

Explore creative new ways to create portable meals. Ever made a 'power bowl' or enjoyed a Mason jar salad? Or used a Bento box? Or heard of a muffin-tin 'sneal'? More than simply trendy notions, these ideas offer fresh easy ways to bring nutritious homemade food with you wherever your day takes you. Drop by nutritionmonth.ca for some engaging how-to information about these super ideas as well as more tips and recipes.

SQUASH AND FETA PENNE RIGATE

Makes a delicious dinner one night, and a scrumptious lunch the next day.

2 cups	butternut squash in $\frac{3}{4}$ " cubes	500 mL
2 cups	cherry tomatoes, halved	500 mL
8	large sage leaves, chopped	8
1 tbsp	olive oil	15 mL
2	medium-size zucchini in $\frac{3}{4}$ " cubes	2
1 lb	penne rigate or other short pasta	454 g
5 oz	crumbled Feta	150 g
1	garlic clove, minced	1
$\frac{1}{3}$ cup	fresh basil, chopped	80 mL
salt and pepper to taste		

Preheat oven to 375°F (190°C). In a bowl, mix together squash, tomatoes, sage, 2 tsp (10 mL) olive oil. Season to taste. Cook on a baking sheet in the oven for 15 minutes. In the same bowl, mix the zucchini 1 tsp (5 mL) olive oil and season to taste. Cook on a baking sheet in the oven for 10 minutes. Meanwhile, cook pasta according to package instructions. Set aside $\frac{1}{3}$ cup (80 mL) of the cooking water. Drain cooked pasta and mix with all the other ingredients, including the reserved cooking water.

■ *Makes 6 servings*



HOW WE LOSE IT: When we always strive to please others – or become hooked on achievement – we can lose sight of our true selves. Dr. Klein spent decades proving herself before realizing it wasn't making her happy. "I got to the highest level of women's soccer there is and it was like chasing air – there was always something else I felt I had to accomplish."

"I became defined by being on a national team, having a top athletic career and getting a PhD. I bought into a measure of success that was defined by what others wanted for me. Now I make the effort each and every day to ask myself what really brings me joy."

HOW TO RECLAIM IT: Sometimes it's a big event that makes us realize we aren't living our right life. For Dr. Klein, the wake-up call came when her father was diagnosed with terminal brain cancer. She returned home to help care for him and began to reassess her life. "That's what started my real transformation."

SELF-ACCEPTANCE

{EMBRACE WHO YOU ARE}

HOW IT'S LINKED TO JOY: Lucille Ball said it simply and said it best: "Love yourself first and everything else falls into line." But many women live in self-imposed misery because the critical voice in their head tells them they aren't good enough, says 43-year-old Christine Ciona, a "joy guru and abundant living guide" in Swift Current, SK, who coaches clients to stop judging and laying guilt on themselves. "So many people say they are doing just fine, but deep inside they are miserable and don't know why. It's because they get out of alignment with their true being."

HOW WE LOSE IT: Self-acceptance is hampered "when we listen to our self-doubt and say things to ourselves that deplete us," says Ciona, who adds that maintaining a harried schedule with little to no downtime is another way to avoid accepting ourselves. "Engaging in overactivity can be a way of numbing ourselves and not connecting with who we are inside."

HOW TO RECLAIM IT: Take the time to be still, says Ciona, who operates a studio that allows clients to do just that with classes in meditation and tai chi and also offers a 10-day summer reiki and slow yoga retreat in Spain. For Ciona, finding her "joy champions," an in-



timate circle of "soul sisters," has been key to living a better life.

"Think about the people in your life who inspire you and figure out what you can learn from them – they can help you raise your joy frequency," she says. "Recently I met a woman and, although I didn't really know her, I loved her vibe and told her I'd love to connect with her once a month over coffee. Be brave and reach out."

FEARLESSNESS

{HAVE THE GUTS TO GO FOR IT}

HOW IT'S LINKED TO JOY: "There are only a few people out there who can completely overcome their fears – and they all live in Tibet," writes Susan Cain in *Quiet: The Power of Introverts in a World That Can't Stop Talking*. While only the most mindful of Buddhist monks may be able to completely experience freedom from fears, the rest of us have to learn to face them.

But when we do, the payoff can be big, says 57-year-old Janet Webber of Halifax, NS, who embraced fearlessness in her own life by leaving an unhappy marriage over a decade ago and launching her business as a love and relationship coach in 2009.

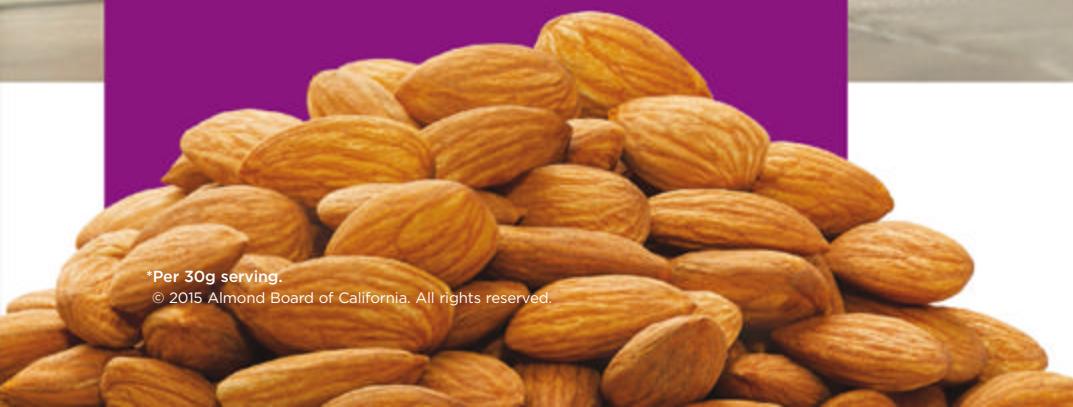
"It takes a lot of courage to get divorced, and it also takes a lot of courage to be an entrepreneur," she says. "But today I am living my dream. I love my work – I believe I was born to do this."

HOW WE LOSE IT: Many of us are motivated by negative emotions, which rob us of the potential for joy. "Overwhelmingly, in my practice I see people who are

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“PEOPLE LOSE SIGHT OF THEMSELVES AND FOCUS ON THEIR EMOTIONAL PAIN.”

doing things or who are in relationships where the underlying motivation is fear, obligation or guilt,” says Webber. “If we are always sacrificing our own needs for the needs of others, we abandon ourselves. It takes a lot of fearlessness to call into question what we are doing.”

HOW TO RECLAIM IT: Set healthy boundaries and put yourself first for a change. “We have to be able to look at our lives from a more objective place and call into question what is really motivating us,” says Webber. “The world needs more people who are connected to their joy. We don’t need more people drudging through life with endless to-do lists and no energy left for themselves.”

GIVING BACK {REAP THE REWARDS OF SHARING}

HOW IT'S LINKED TO JOY: Gandhi said, “The best way to find yourself is to lose yourself in the service of others.” Plenty of studies bear this out, including the 2010 Do Good Live Well Survey of 4,500 adults by United Healthcare and Volunteer Match that found that, of those who volunteer, 89 percent said it improved their sense of well-being, 73 percent said it lowered their stress levels and 68 percent said it made them feel physically healthier.

Giving back has always been a big part of Patricia Gagic’s life. The 61-year-old Hamilton, ON, writer and artist has spent many years volunteering for organizations such as the John Howard Society and Free the Children. But a significant turning point came when Gagic’s friend visited Cambodia in 2006 and stumbled upon a derelict orphanage housing anywhere from 30 to 40 children at a time. Gagic and her surgeon husband, Ned, first visited the region of Siem Reap in 2007. The Gagics provided all of the funds to build a new library and school for the children and the monks who cared for them, and they continue to fund this cause. “It made a huge difference not only in their lives but also in ours,” she says. “People want to feel joy in their lives, and the way to do that is to know what brings you fulfillment – for me, that’s finding a way to contribute.”

HOW WE LOSE IT: We can become so focused on our own concerns that we forget there are many who could

benefit from our help. “Think about what’s preventing you from contributing. If you don’t have the money, perhaps you can afford to invest some time,” suggests Gagic. “We can forget that extending a hand to someone else can give us a sense of completeness.”

HOW TO RECLAIM IT: Gagic acknowledges that her financial means allowed her to donate a substantial amount of money to the orphanage but points out that a contribution doesn’t have to be big to be meaningful. “Even if you are doing something as simple as knitting mittens for needy kids, you are making an impact,” she says. “Helping others is what we are here for.”

HEALTHY LIVING {TAKE CARE OF YOURSELF}

HOW IT'S LINKED TO JOY: “The first wealth is health,” wrote Ralph Waldo Emerson. By that measure, Janet Lansigan, who passionately pursues a life of “clean living,” is a wealthy woman indeed. Everything she buys – from food to makeup to household products – is organic. She’s so committed to good nutrition that she went back to school at age 47 for two years to become a registered holistic nutritionist in Vancouver, and is currently enrolled in a course to become a certified raw-food chef.

“For me, feeling joyous means nourishing my body in a healthy way,” says Lansigan, who also does a moksha hot yoga class and a 2½ hour guided meditation every week.

HOW WE LOSE IT: Lansigan’s wake-up call to take better care of her health came when her father died of liver cancer in 1996. Her mother committed suicide three years later, still unable to cope with the death of her husband.

Months after the loss of her parents, she recommitted to a healthy lifestyle. “People lose sight of themselves and focus on their emotional pain or the stress of their job. They just mindlessly eat and run and don’t think about self-care.”

HOW TO RECLAIM IT: Lansigan’s recipe is simple: “First, eat real food. Then, move. Then, look inside to consider what really brings you joy – and just do it.” 

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GUT CHECK

Nurturing the bacteria in your belly may help you shed pounds, eliminate food cravings and even fight disease. *by GRACE TOBY*

WE ALL HAVE THAT FRIEND, THE ONE with a cast iron stomach who travels to foreign countries and hits the buffet with impetuous abandon, never suffering a food hangover or gaining a pound. And then there are the rest of us, whose mercurial middles are prone to weight gain, indigestion and even more.

What's going on? Well, we can thank – or indict – our gut's microbial makeup.

By the time we hit the ripe old age of three, our microbiome – a colony of micro-organisms – is established. "The microbes in your gut when you're a baby educate your immune system, priming it to know what to respond to," says Dr. Emma Allen-Vercoe, a microbiologist and gut microbe researcher at the University of Guelph. This microbial profile is diverse and unique to each of us, similar to a fingerprint, and a reflection of the organisms we picked up early on. Consider it a draft of our early years.

This living, thriving, working microscopic ecosystem accounts for one to two pounds of our body weight and has an important role, akin to an organ, with as much metabolic activity as our liver. Our microbiome is comprised of between 500 and 1,000 species of bacteria that have evolved over the years.

Eighty-five percent reside in the human gut, with the remainder on our skin and in our saliva and mucus. We have a whopping 100 trillion microbial cells, outnumbering all other body cells 10 to one. "We are our microbes," says Dr. Allen-Vercoe.

GUT FEELING

Over the past decade, there has been an avalanche of new research emanating from the Human Microbiome Project that focuses on helping experts understand how bacteria relates to overall health. Here are the top ways the state of our gut is affecting our well-being, from weight management to immunity.

TIPPING THE SCALES

Researchers studying the link between gut bacteria and weight gain have discovered that the lack, or presence, of certain bacteria in our gut may influence our ability to gain or lose weight. In a study recently published in the *British Journal of Nutrition*, women who supplemented their diet with specific bacteria called *lactobacillus rhamnosus* experienced sustained weight loss compared to those who took a placebo. Additionally, a recent study published in *Cell*, found that the

STRENGTH IN NUMBERS

The healthiest gut contains a plentiful network of bacteria but not all of the same variety. In fact, researchers are now linking a lack of diversity in the microbiome with a host of chronic diseases including IBS, Crohn's disease, multiple sclerosis, autism, obesity and diabetes, says Earl Brown, a virologist at the University of Ottawa. Talk to your doctor about including healthy microbiome strategies in your whole body health plan. Your gut could be a serious weapon in the war on disease.



presence of Christensenellaceae bacteria, a gut microbe that some people seem to inherit, is strongly correlated with a lower body mass index. Its introduction has even led to weight loss in animal studies. **BEST SOLUTION:** Nurture your gut microbiome daily, beginning at breakfast. Load up on probiotic-rich plain yogurt with fruit.

Or, if you're on the run, try a scoop of **Greens+ Whole Body Nutrition**, a fermented greens powder, stirred into a glass of water or juice. Add a slice of whole grain toast with a tablespoon of almond butter and you've got a complete breakfast that will satisfy your appetite and your gut.

CRAVINGS ALERT!

Itching for another piece of chocolate or pining for fried foods? It appears that it may be our gut calling. In an article published in *BioEssays*, researchers found that our gut microbes may influence the foods we crave and our eating behaviour. Some of these manipulative bugs have the capacity to signal for the fuel they need to thrive on, including fat and sugar.

Furthermore, it seems that they can induce a state of dysphoria until their request is met. The good news? A gut that is well balanced in microbiota isn't constantly sounding the alarm of discontent, allowing us to make more nutritious choices.

BEST SOLUTION: Add a Korean-inspired meal to your weekly menu. Kimchi, a traditional Korean side dish made of fermented vegetables, is loaded with healthy bacteria. It's a simple way to ramp up your intake, and it goes well with everything from fish tacos to pulled pork sandwiches.

SHIELDING US FROM SICKNESS

When our microbiome is functioning at its optimum, it makes us resilient and able to withstand the onset of disease. "It will protect you against everything from food poisoning to allergies to asthma," says Dr. Allen-Vercoe. The key component of a healthy gut is diversity. Simply put, a wide variety of healthy bacteria will do your body the most good.

One of the more commonplace culprits of an unfit microbiome is – surprise – antibiotics. Yep, those drugs we take without a second thought to help us fight illness may, in fact, make us sick.

Antibiotics work by attacking the bad bacteria, which are the source of our infection or illness, but, inevitably, good bacteria get swept up in the raid, too. This can reduce microbial numbers and create a "vacuum" in the microbiome.

For most of us, our guts will sort this out on their own, but for an unlucky few, this space may be filled by foodborne pathogens like salmonella (a type of food poisoning that can cause fever and diarrhea) or other pathogens like *C. difficile* (a bacteria that causes swelling and irritation of the large intestine, triggering belly cramps and diarrhea).

BEST SOLUTION: Supplementing with probiotics to temporarily "fill the hole" or loading up on prebiotics to stimulate growth of the resident microbiota will go a long way toward staving off further troubles. Take one to three capsules daily with food. **Try Natural Factors Double Strength Acidophilus & Bifidus.** 

YOU ARE WHAT YOU EAT

Want to improve your gut health? It's as simple as incorporating more prebiotic and probiotic foods into your day, as well as making a few changes to your dietary habits.

GIVE P'S A CHANCE

Prebiotics are plant-based fibres that nourish and fertilize our "good" gut bacteria. Foods rich in prebiotics include asparagus, onions, leeks, Jerusalem artichokes and legumes.

Probiotics are good bacteria that can help promote a healthy gut, improving nutrient absorption and increasing immunity. They are living strains that fall into two categories: *lactobacillus* and *bifidobacterium*.

These strains are available as supplements or in fermented foods such as yogurt and kefir, soy products such as tempeh and miso and fermented plant foods such as kimchi, sauerkraut and pickles. Look for "live and active cultures" on labels to ensure you're getting the highest possible dose of friendly bacteria.

Adopt a trial and error approach when consuming probiotics, either via supplements or via bacteria-rich food sources. According to Dr. Allen-Vercoe, the beneficial effects of some probiotics are transient and will only occur while the person is taking them because probiotics can't colonize the gut. A better strategy may be to combine prebiotics and probiotics, she says, as they can work synergistically to improve digestive flow and overall health.

DIET DO'S

Long periods of starvation or a diet lacking in fibre may cause microbes to die out or resort to using the human host as a food source, says Dr. Allen-Vercoe, so it's important to eat well and often (three to five times a day). Consume a diet rich in fruits and vegetables and dietary fibre. Switching up meal options to encourage a diverse and abundant gut composition is also key.

What's encouraging is that we can shape our microbiome with our food choices. "It's the easiest and safest method," says Dr. Allen-Vercoe. "Everyone is different, so there's no one-size-fits-all strategy. Each person must learn what foods are right for them."

Good thing, then, that there's an abundance of choice. We suggest you go with your gut on this.

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BROKEN *Social* SCENE

by RHEA SEYMOUR

HAS FACEBOOK TURNED INTO FAKEBOOK?
HAS YOUR SOCIAL MEDIA SCENE BECOME DECIDEDLY UNSOCIAL?
YOU'RE NOT ALONE.
TOO OFTEN, THE UNSPOKEN RULES OF SOCIAL INTERACTION
GET LOST ONLINE. SO, WE ASKED THE EXPERTS
FOR THEIR BEST STRATEGIES
FOR MANAGING ANNOYING ATTENTION SEEKERS
AND AWKWARD OVERSHARERS
AND FOR KEEPING YOUR OWN POSTS IN CHECK.
BEFORE YOU LOG IN, READ ON.

FACEBOOK IS AN EASY WAY TO STAY IN TOUCH

with the old high school gang, share funny photos from your family vacation and wish your wide circle of friends a happy birthday without springing for a stamp. But there's a downside, too: When you're sitting behind a computer screen, it's easy to mishandle conversations on social media and forget that you're talking to a huge audience.

"People are a lot bolder on Facebook than they are in real life," says Wendy Mencel, director of the Canadian School of Protocol and Etiquette. "There is a disconnect between what they're writing and how they're coming across, and they forget that their words can offend people. Social media opens us up to more scrutiny, and we have to be conscious of what message we're projecting to the world."

Follow our expert tips to avert your own Facebook faux pas and improve your social media encounters.

**THINGS TO
NEVER
DO ON FACEBOOK**

USE IT AS A SOAPBOX

Social media may not be the best forum for controversial subjects, says Toronto etiquette expert Louise Fox.

"Political subjects are touchy, and things tend to look black or white on social media when there are no facial or vocal cues to assist people in interpreting your message." If you are keen to share your religious or political views, tread lightly or you could find yourself "unfriended."

That's how Cathy*, a 50-year-old Halifax university instructor, plans to deal with a high school classmate who recently sent her a friend request. "He posts political rants two or three times a day, and it has rapidly become clear that I don't share his views," she says. "When I posted a link to a news story, he weighed in with a 500-word reply on my page. It was like he knocked on my door, and five minutes after I let him in, he was lecturing me."



WHAT'S YOUR NUMBER? SPILL THE BEANS ON FACEBOOK

CANADIAN
ADULTS LOG ON
TO FACEBOOK AN
AVERAGE OF
9
TIMES PER WEEK

GET TOO PERSONAL

Posting the gory details of a medical condition or photos from a drunken girls' night could have lasting consequences, especially since our Facebook networks often include business contacts. That's what happened when Simone*, a 44-year-old marketing executive in Oakville, ON, accepted a Facebook friend request from a vendor she regularly worked with.

"He made gross comments and posted links to porn images," she recalls. "I not only unfriended him, but his careless posts lost him my business."

Younger generations, who have grown up with social media, may be more inclined to overshare and underestimate the downside: that future employers will search the Internet for background information on them. "Even if your privacy settings limit your posts to your friends, one of them might have a public page, so all the world can see them," says Mencel. In some cases, this could affect a person being hired.

PUBLICLY CRITICIZE A "FRIEND"

Posting your critique of a friend's parenting style or sniping at a sibling on Facebook is a big no-no. "Some light teasing can be OK between people who know and understand each other fairly well," says Fox, "but meanness or nitpicking with an audience is never appropriate. Someone could get very offended, and there are more productive ways to communicate in private."

FISH FOR CUSTOMERS

Sophie*, a 30-year-old concierge in Calgary, recently "unfollowed" a friend who bombarded her with posts about the health products she's selling. "She cluttered up my feed, and I'd get notification messages and click to find ads from her company. It was super-frustrating."

It can also get you banished to the no-friend zone, according to a survey by NM Incite, a social analytics venture. "Trying to sell me something" was the third most cited reason for unfriending someone (behind "offensive comments" and "don't know them well"). "Tapping your

Facebook network for sales is an abuse of the friendship," says Mencel. "If you want to promote your business, it's better to create a Facebook page for it so people can opt in or out."

TRY TO KEEP UP WITH THE 'JONESES'

Most people present themselves in a favourable light on Facebook, and there's nothing wrong with that. Like a 21st-century scrapbook, "Facebook is a forum for highlighting your strengths and the good things that are happening in your life," says Phoenix Deerhawke, a registered psychologist in Calgary.

But when all you see on a friend's page are upbeat posts and happy photos, it can make you feel like your life doesn't measure up. The practice has been dubbed "fakebooking," and it can affect you negatively. Indeed, in a 2012 study in *Cyberpsychology, Behavior, and Social Networking*, sociologists found that students who used Facebook the most agreed that their friends – even the ones they don't know personally – were happier and had better lives.

If your time on Facebook brings you down, you may need to change your perspective: "Facebook is sort of like a movie trailer," says Deerhawke. "You only see the best parts; you don't see the whole story, the ending or the bloopers." If your mood is negatively affected by looking at friends' pages on Facebook, be mindful that they're likely not posting unpleasant stuff that is happening to them," says Deerhawke. After all, who wants to keep souvenirs of or take selfies on their worst days?

BEG FOR ATTENTION

We've all seen those mysterious posts meant to elicit concern or drum up sympathy, such as "This is the worst day of my life" or "I can't believe that happened." They may get the hoped-for response from some friends, but others see them as pathetic attempts to garner attention. "Use your social intelligence when you're posting and ask yourself what your motivation is," says Fox. "Are you posting something that you really want other people to know about you or is it just self-serving, like seeking compliments for your latest selfie?" If it's the latter, you may want to reconsider.

59%
OF CANADIAN
ADULTS HAVE
A FACEBOOK
PROFILE



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THINGS TO ALWAYS DO ON FACEBOOK

USE YOUR FACE-TO-FACE FILTER

People say and do things on Facebook that they'd never do in real life, such as pestering friends about prayer chains, forwarding obnoxious links or posting inflammatory political opinions. "When you're alone with your computer, it's easy to forget you're basically talking to a roomful of people," says Deerhawke. "Because you're a step removed and not face to face, that physical distance gives you the courage to say things you wouldn't in the real world." Before you post, ask yourself if you'd say the same thing to a friend over coffee at Starbucks, says Mencel. "If you wouldn't say it to someone's face, don't post it."

USE TOOLS TO MANAGE RELATIONSHIPS

Canadian Facebook users average 190 friends, so chances are you've got people on your friends' list that you barely know or don't care about. But it can be tricky to turn down a friend request from your boss or hurtful if someone realizes you've unfriended them. "Those friends belong on your Facebook Restricted List," says Vancouver social media expert Alexandra Samuel. "That way, they only see content you post to the public, not your friends, and they won't be aware they are missing out on stuff."

To create your Restricted List, click on the downward arrow in the right-hand upper corner of the blue Facebook bar. Click on Settings, then Blocking. You'll find the Restricted List under Manage Blocking. Click on Edit List on the right to add names.

If you're just not interested in a friend's posts or they consistently annoy you but you don't want to unfriend them and you're okay with them seeing your posts, unfollowing them is another option. Right click on one of their posts and then click on the Unfollow option.

KEEP YOUR BRAGGING IN CHECK

Overdoing it with "me, me, me" posts about your endless accomplishments may be a turnoff for your friends. "My cousin posts about every 'A' her kids get at school and never stops talking about the cool designer clothes she buys or the amazing trips she takes," says Jane*, a 43-year-old Toronto-based mother of two. "Only the best stuff gets posted, which makes her life look too perfect and I know it isn't! She's my cousin so I can't unfriend her, but I have unfollowed her."

With all of the bragging and posed selfies, you may wonder if some of your Facebook friends are narcissists,

and some research suggests that may be a possibility. However, Deerhawke thinks friends who appear self-involved may just be lonely. "When you're moving through the world alone, it's easy to take a quick picture of your food or a selfie on your smartphone," she says. "When you post it and people 'like' it, you feel like they're with you, so Facebook creates a sense of community."

GROUP FRIENDS BY SHARED INTERESTS

If you don't want to bore friends with weekly posts about your son's soccer wins or, worse yet, be bored yourself by a friend's daily posts of silly cat videos, create custom lists of your friends. For example, you could have an A-list of the friends you interact with most and lists for friends with shared interests, such as dog lovers or foodies.

"I recommend parents have a 'kid-sharing' list of friends you trust whom you're comfortable sharing identifiable info about your children with and who might be interested in what you post about your kids," says Samuel. Lists will also make your time on Facebook more enjoyable: Rather than scrolling through posts from everyone on your newsfeed, you can scroll your custom lists so you don't miss the posts of the people you're most interested in. To create custom lists, click Friends on your home page, then Create List.

CONSIDER FRIEND REQUESTS CAREFULLY

If you're an employer, it's not fair to send friend requests to your employees on Facebook. "It's inappropriate because there's a power imbalance," says Mencel. "If you want to know more about them, connect with them on LinkedIn, which is a professional network."

As your kids reach young adulthood, you may want to consider declining their friend requests or cutting them out of your network, for your sake as much as theirs. It was the right move for Karen*, a 55-year-old registered nurse in Moncton, NB. "My 23-year-old daughter friended me and looking at her partying photos and profane posts upset me and made me worry about what she was up to," she says. "Since I unfriended her, it's been much better for our relationship." And it was the perfect way to handle the situation, according to Deerhawke. "Developmentally, the job of a child at 18 or 19 is to form independence, and they're going to be doing really silly stuff," she says. "It's not appropriate to share that with your parents."

BE SENSITIVE ABOUT SENSITIVE INFORMATION

"People now use social media like personal press releases," says Fox. It's one thing to announce a celebrity death on Facebook, but it's not an appropriate way to break up with someone or inform your relatives that a loved one has died. "It's too personal," says Fox. "In emotional situations, a face-to-face conversation or a phone call is more suitable." *hr*

*Names have been changed

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Dairy farmers become CQM-certified only when their food safety systems meet the rigid requirements. They must adhere to a mandatory set of checks and balances that take place before and after each milking to ensure the milk isn't contaminated, that the herd and equipment is sanitized, and that the temperature of the milk is regulated. All of this is constantly checked and documented to provide proof and ensure accountability. Dairy farms and dairy plants are also subject to periodic inspections by the Canadian Food Inspection Agency.

CONSISTENT PROCESS ACROSS CANADA

You can be sure Canadian milk is safe and wholesome all across the country. Dairy farmers that are CQM-certified follow the same quality control procedures and audits to produce high-quality milk. No matter where in Canada you buy your milk, you know it's made with the same level of care.

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HEALTHY COWS ARE HAPPY COWS

Canadian dairy farmers have tight control measures to ensure only milk from healthy cows is taken. Nutritious diets, clean water, comfortable living conditions, and good veterinary care are among the many practices that ensure a herd of healthy cows. Content animals are more productive animals—a healthy, happy cow gives more high-quality milk.



LOOK FOR THE SYMBOL: Look for the 100% Canadian Milk symbol wherever you buy dairy products. It's your guarantee that they're made entirely from locally produced milk renowned for its purity, high quality, and great taste.

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PLUS: WHAT MAKES
HER SMILE?

BRUSH, SWISH, *repeat*



You practise good oral hygiene but still find yourself plagued by canker sores, halitosis and gingivitis? Let's change that! Health writer *Jacqueline Kovacs* brushes up on the common concerns and cures surrounding oral health, finding simple solutions that will keep you smiling long after you've left the dentist's chair.

photography by MAYA VISNYEI

STYLING, CLAIRE STUBBS



WEB
EXCLUSIVE

DO YOU KNOW THE 5 QUESTIONS YOU SHOULD BE ASKING
YOUR DENTIST? FIND OUT: BESTHEALTHMAG.CA/DENTAL-QS

“YOU NEED TO GET A GUM GRAFT,” MY DENTIST TOLD me. This was not surprising news since I have been well aware of how much my lower gums have receded, particularly on my incisors. It has left my teeth incredibly sensitive and me rather self-conscious.

Let's face it: We all want healthy teeth that last us a lifetime. There is nothing appealing about the thought of chompers in a glass with your name on it. Thankfully, modern dentistry has come a long way: Canadians are, in fact, keeping their pearly whites longer than ever before, largely due to the effects of fluoride, as well as better maintenance and oral hygiene.

That said, there are still common dental risks that pop up from time to time. Here's what you need to know to prevent problems and keep your smile bright.

GUM RECEDITION

CAUSE: While I knew my lower gums were receding, I didn't realize my particular cause: clenching and grinding at night. The repeated added pressure on my teeth had this negative impact on my gums. But that's not the only thing that can cause gums to recede.

“The two principal causes are toothbrush abrasion and chronic gum disease,” explains Dr. Euan Swan, manager of dental programs at the Canadian Dental Association in Ottawa. Toothbrush abrasion is common in younger patients, he says. People who scrub their teeth with hard-bristled brushes can end up having their gum tissue recede from the tooth, thereby exposing the root surface. The other type, chronic gum disease, is a result of people losing the bone that supports their teeth. As bone loss occurs, the overlying gums will recede.

CURE: If aggressive brushing is the culprit, Dr. Swan says the solution is to use a soft-bristled toothbrush and change the way you brush from a scrubbing back-and-forth motion to a shorter up-and-down motion. For chronic gum disease, see your dentist and get regular cleanings to reduce inflammation and halt the loss of supporting bone. And don't forget to floss.

For those of us whose gums are too far gone, there is grafting. This process requires a visit to an oral surgeon, who takes tissue from the roof of your mouth and attaches it to your recessed gums. The procedure is done under local anesthetic, and both sites heal over six weeks.

CAUTION: Left untreated, gum recession can lead to notched teeth as you erode the root surface. Eventually, your teeth will become mobile, meaning you'll end up losing teeth, either because they fall out or you need them removed because they are too loose.

GINGIVITIS

CAUSE: Are you spitting blood along with saliva when you brush your teeth? That's a classic sign of gingivitis, inflamed gum tissue caused by a buildup of plaque around the teeth.

CURE: “Gingivitis is reversible,” says Dr. Swan, “so if you clean the area, remove the debris and practise good oral hygiene, the gingivitis will disappear.” The best place to start is with your dental hygienist, who will scale and clean your teeth to remove the calculus (also known as tartar) and then give you some instructions about proper oral hygiene. At home, you need to brush more regularly, floss and consider an antibacterial oral rinse.

CAUTION: “The risk of doing nothing is that you may develop chronic gum disease,” warns Dr. Swan. “That results in the loss of bone support to the tooth and receding gums.” Plus, inflamed red gums are neither comfortable nor attractive.

CANKER SORES

CAUSE: According to Dr. Swan, no one actually knows what causes those little sore spots that crop up on your tongue or inside your cheek. “It's thought that trauma to the tissue or foods that maybe irritate the surface of the cheeks can contribute to them,” he says.

CURE: “The good news is, although canker sores are irritating and sore, they're going to heal in about 10 to 14 days, whatever you do,” says Dr. Swan. That said, you don't have to suffer while you wait. “There are some over-the-counter protective gels and ointments that you can try to cover them with,” he says. “But during those 10 to 14 days, if you avoid foods that irritate them, like hot and spicy foods, you'll be more comfortable.”

CAUTION: The odd canker sore that clears up on its own is no cause for concern. But, says Dr. Swan, if you're getting them regularly, or if a given canker sore lingers for two weeks, it's time to see

a dentist. "It may be something that needs attention," he says. "A lesion that's there for a long time may be a precursor to oral cancer." Canker-like sores may also be a symptom of Crohn's disease.

BAD BREATH

CAUSE: That strong morning brew, that garlicky Caesar salad, that tasty tuna sandwich – all harbingers of halitosis, or bad breath. But why? It can be as simple as the foods you eat: As you digest foods like as onions, garlic and spices, they enter your bloodstream and are carried to your lungs, affecting your breath. It can also stem from poor oral hygiene, says Dr. Swan.

The same holds true for infamous "morning breath," which Dr. Swan explains is mostly caused by the decrease in saliva flow at night, which, in turn, means food particles stay in the mouth. "As a result, the oral bacteria proliferate and produce an odour," he says.

CURE: For the short term, swish twice daily with mouthwash. There's more choice than ever, so opt for a multi-tasker, such as a product that fights bad breath and gingivitis or doubles as a tooth whitener. For longer-term relief that goes beyond dealing with your lunchtime onion rings, the best way to banish bad breath is to clean it out. That includes brushing your tongue while brushing your teeth, says Dr. Swan. "Brushing the surface of your tongue can be helpful because some people have fissures on their tongues, and food and debris can collect in the fissures and cause a smell."

CAUTION: If your mouth is as clean as a whistle and your bad breath persists, it's time to see your healthcare practitioner. Some medications can lead to halitosis by drying out your mouth or causing your body to release odour-causing chemicals. As well, some diseases and metabolic disorders can cause bad breath, so don't ignore a lingering odour.

YELLOW TEETH

CAUSE: Is your grin less than pearly white? Consider your diet. "Tea, coffee, certain foods – anything that would stain your kitchen sink could stain your teeth," says Dr. Swan. But that's not the only cause. "As we age, our teeth naturally darken and appear more yellow," he says. That's because as we lose tooth enamel, the dentin inside the tooth becomes more visible.

CURE: With surface staining, you could limit foods known to discolour teeth or use a straw to prevent liquids from touching your teeth. Getting your teeth cleaned regularly by a professional hygienist will also help keep stains at bay. If you're looking to brighten your smile, there are all kinds of whitening products available at the drugstore and from dentists themselves. Chat with your pharmacist or dentist to find a product that would be appropriate for you, but keep in mind that some stains can't

EDITOR'S
PICKS

Grin and bare it! Get pearly whites and healthy gums with these drugstore finds.



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CONTAINS AN ILLUMINATING
COMPLEX TO GIVE SHINE AND LUSTRE
TO TEETH AFTER JUST ONE USE.

be removed (such as ones caused by tetracycline, a type of antibiotic), and the same goes for discolouration after a root canal. If your yellowing teeth are simply due to the aging process, you might want to consider crowns or veneers.

CAUTION: Some whitening products can create tooth sensitivity or irritate gum tissue, warns Dr. Swan. He suggests proceeding conservatively: Start with a good cleaning; if the results aren't white enough, try bleaching. And remember, if you decide on crowns and veneers, they come with an end date, so be prepared to replace them down the road.

As with all oral health concerns, your best defence is always good oral hygiene coupled with regular visits to the dentist – a combination that's sure to keep you smiling. *ME*

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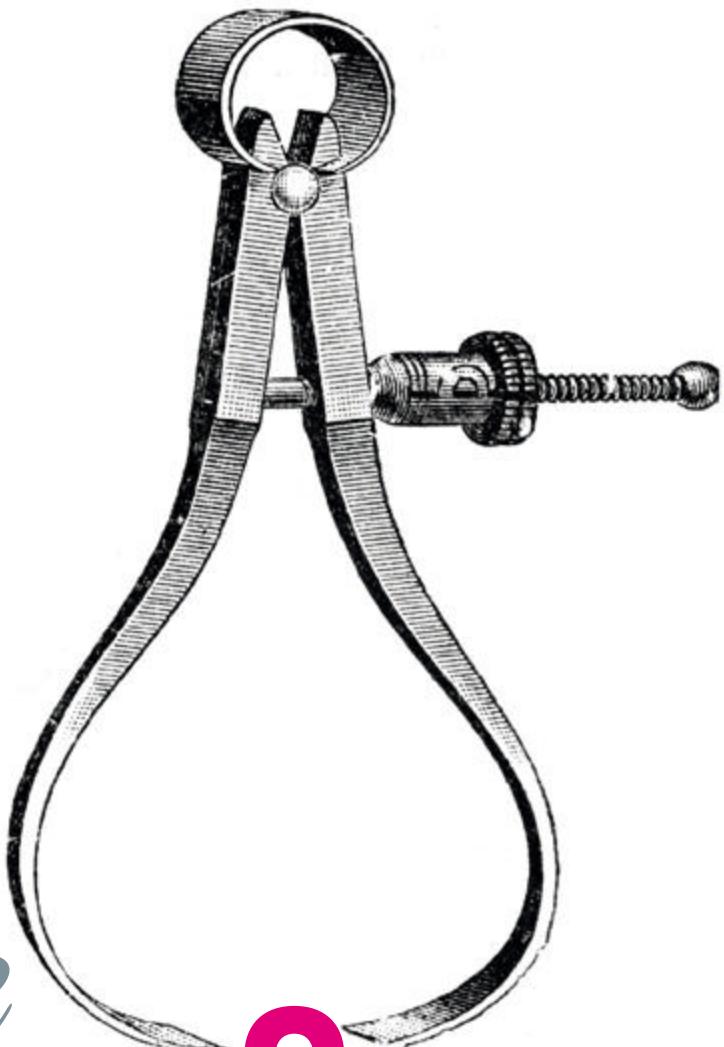
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is the BMI BOGUS?

Researchers now say this measurement of body fat isn't the best indicator of appropriate weight. Health writer *Rhea Seymour* squeezes out the truth.

WE'VE COME TO THINK OF BODY MASS INDEX (BMI) as the gold standard in measuring our fat, but there is now a growing consensus among scientists that it may not be the best tool to do this. According to an editorial in the journal *Science*, BMI does not accurately measure the amount and location of body fat (belly fat is more hazardous than fat that is evenly distributed because it sur-

rounds the internal organs) or the proportion of muscle to fat (muscular types may score in the overweight or obese range).

The researchers point to estimates that 24 percent of adults with a "normal" BMI actually have symptoms of insulin resistance and a higher risk of heart disease because they may have more body fat and less muscle mass. On the flip side, about one in

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GNC
LIVE WELL

10 adults with an obese BMI is healthy, possibly because they have a lot of muscle.

IS IT TIME TO SAY GOODBYE TO BMI?

That depends. BMI is a good tool for policy-makers such as Health Canada when they are assessing whether a large group, like Canadians, is getting fatter, says Dr. Arya Sharma, professor of medicine and chair of obesity research and management at the University of Alberta. "If you have enough people in a study, BMI does correlate with body fat composition. If you calculate BMI in 1,000 people, the group with the highest BMI on average is going to have more body fat. But for individuals, BMI is almost meaningless," says Dr. Sharma. "You can find two people with exactly the same BMI, but one has 40 percent body fat and all of the problems associated with being obese and one has 20 percent body fat and no health problems."

BMI's true value is in research, agrees exercise physiology expert Len Kravitz, advisory panel member of CanFitPro, Canada's largest certification organization for fitness professionals. "With some people, it's a weak predictor of weight-related health problems."

Health Canada also recognizes the limitations of BMI for individuals.

WANT TO KNOW WHAT YOUR ABSI IS? CHECK OUT THIS CALCULATOR: ABSI-CALC.APPSPOT.COM

When contacted by *Best Health*, their official stand was that "BMI [should] not be used alone to determine whether an individual is at a healthy weight."

Additional factors, such as the degree of lean body mass, ethnic background, lifestyle habits, fitness level and other health risks, also need to be considered, according to Health Canada. "Waist circumference...may be better able to determine [whether] weight status [particularly overweight, according to BMI] is due to lean body mass versus fat mass."

NEW TOOLS AT OUR DISPOSAL

Measures of waist size appear to be more effective. In fact, A Body Shape Index (ABSI), which measures height, weight and waist circumference, more accurately predicted death in 14,000 people than BMI, according to a 2012 study at the City College of New York.

And in a 2012 review of 31 studies, obesity researchers at Oxford Brooks University in Oxford, England, found that waist-to-height ratio (your waist in inches, measured one inch above your belly button, divided by your

height in inches) was a better predictor of disease, including cancer, stroke and heart disease, than BMI or waist circumference alone. Both methods are currently being used in Canada but not to a great extent.

However, says Dr. Sharma, these tools still do not tell you whether your stomach fat is the unhealthy kind. Even a measure of your body fat percentage – determined by a body fat scale or with calipers at your gym – won't do that. "Like BMI, your percentage of body fat isn't a good measure of health," he says. "You can have a higher amount of fat and be perfectly healthy or have less body fat but be unhealthy."

To find out if you are truly at a healthy weight, get assessed at your doctor's office via checks on blood pressure, cholesterol and glucose levels and a physical exam to check for health risks related to obesity, such as back pain, acid reflux disease, osteoarthritis and sleep apnea. Says Dr. Sharma: "No other tool, whether it's a scale, measuring tape or BMI calculator, is as effective as that." 

101 ON BMI

Invented by a Belgian mathematician in the 1800s, body mass index (BMI) – weight in kilograms divided by the square of height in metres – has long been used around the world to assess if a person's weight falls in the healthy range for their height and as a reliable indicator of body fat. If your BMI falls between 18.5 and 24.9, your weight is considered to be in the normal range. A result over 25 means you are overweight (25 to 29.9) or obese (30+).

Not taking your prescriptions as directed?

Here's why you should.



It's important to take your medication as prescribed, but many of us don't. Only about 50% of patients take their medicines consistently. This is particularly a problem among people aged 65 and over, who tend to have more long-term, chronic illnesses — such as diabetes, arthritis, high blood pressure, and heart disease—and often combine multiple medications each day.

Some people never fill their prescriptions at all, skip doses because they forget, take an extra dose, or stop taking the medicine completely. Perhaps you don't take it at the right time of day or use half the dose to save money. Or maybe the instructions for the medication are confusing. There are lots of reasons why, but the fact is that the best treatment can be ineffective if not taken correctly.

THERE CAN BE SERIOUS RISKS

Not taking medications properly could lead to unnecessary hospital admissions, illness, and even deaths. If you have a chronic condition, taking your medications as prescribed can help prevent complications and future illness. Using medications the right way will help you get their full benefits, avoid unwanted side effects, and avoid medication conflicts.

LEARN ABOUT YOUR MEDICATION



When you get a prescription —especially a new one— learn how to take it correctly. Ask questions and make sure you know:

The name of the medication (generic and brand names)

The condition the medicine was prescribed for

How it works in the body and how to use it (e.g., time, whether it should be taken with food)

How long to take it

What to do if doses are missed or delayed

Common side effects and how to manage them

Serious side effects and what to do if they occur

FEELING BETTER DOESN'T MEAN YOU SHOULD STOP

A common misbelief is that you can stop taking your medication when your condition improves or that it's needed only when you have symptoms. Just because you feel better—or the same—doesn't mean you should stop your medication. Some medications simply take time to work. Many conditions have silent symptoms, like high blood pressure or cholesterol. Listen to your diagnosis and the advice of your healthcare provider.

Using medications the right way will help you get their full benefits, avoid unwanted side effects, and avoid medication conflicts.

IF YOU HAVE SIDE EFFECTS

If a medication's side effects are bothering you, tell your doctor or pharmacist. It may be possible to adjust the dosage, switch to another medicine, or change the timing of your medicines.

YOUR PHARMACIST CAN HELP

Speak to your pharmacist to learn more about how to take your medication and what to do if you're having trouble using it as prescribed. Find answers to frequently asked questions about medications and a pharmacist near you at shoppersdrugmart.ca

ugh, ALLERGIES

Sneezing season has arrived. Don't let it ruin your life.

by WENDY HAAF

DO YOU COME DOWN WITH A sneezy, sniffly "cold" as soon as the weather warms up in April? Maybe you last until June before itchy, watery eyes make an appearance, or perhaps you make it all the way to the dog days of August before being sidelined by sinus headaches.

Regardless of when they hit, these symptom patterns point to the same culprit: seasonal allergies. Triggered by pollens or mould, they affect up to one in four Canadians.

Also known as seasonal allergic rhinitis or hay fever, seasonal allergies are nothing to sneeze at – the symptoms can play havoc with your sleep, mood and even productivity.

The good news? There are treatments that can short-circuit allergic reactions and prevent those miserable symptoms. "You shouldn't blow them off, as 'just allergies,'" says Jeff Taylor, a professor of pharmacy at the University of Saskatchewan in Saskatoon. "I wish people would push to get some help because suffering needlessly is unfortunate."



SHUTTERSTOCK

FACT

SOME PEOPLE WITH RAGWEED ALLERGIES ALSO REACT TO CAMOMILE BECAUSE THE PLANTS BELONG TO THE SAME FAMILY.¹



FIRST THINGS FIRST

So, let's say you have a hunch you suffer from seasonal allergies. Can you self-diagnose? "It's actually really hard to do that accurately," says Dr. Anne Ellis, associate professor of medicine and chair of the division of allergy and immunology at Queen's University in Kingston, ON. While the timing of symptoms strongly hints at specific allergens – for instance, depending on where you live, tree pollen counts tend to peak in April and May, while ragweed season lasts from August to October – allergy testing is the only way to tell for certain.

"You'd be surprised at how often I see patients with what sound like classical histories for a particular seasonal allergen and, when tested, they're only allergic to, for example, dust mites," she explains. That's important, since avoiding the substance that triggers your allergies is one of the best ways to reduce symptoms and minimize the need for medications. (You can find info on minimizing your exposure to mould, pollen and dust mites at asthma.ca.)

MANAGING SYMPTOMS

That said, unless your symptoms are especially severe, trying an over-the-counter allergy treatment is a reasonable first step. "I'd think about trying one of the non-sedating antihistamines," such as Reactin, Allegra or Claritin, says Taylor. These medications, which are quite safe, work by blocking histamine, one of the substances that drive allergy symptoms.

Taylor suggests choosing one product and using a time frame of two to three weeks to try an agent to see if it helps. Take it every day (as long as there is allergen exposure) since the drugs tend to work better when taken regularly. (It's worth asking your pharmacist for guidance if you take other medications or have a chronic health condition, like high blood pressure or thyroid problems.) "Sometimes people respond differently to different medications," adds Taylor, so if one fails to relieve your symptoms, you might want to try a second, two-week trial with another.

HUH, I DIDN'T KNOW THAT...

If you have an allergy to, say, ragweed pollen and particles of it become trapped in the blanket of hair cells and mucus lining your nose, your immune system reacts to this innocuous substance as it would a dangerous invader. The result? Mucus production (which is normally one to two litres per day!) increases and the nasal passages become swollen and inflamed.

FOOD FOR THOUGHT

66 percent

IN ONE STUDY, GREEK KIDS WHO ATE A DIET

RICH IN
VEGETABLES,
FRUITS, NUTS
AND FISH

WERE 66 PERCENT
LESS LIKELY TO HAVE
SEASONAL ALLERGY
SYMPTOMS, SUCH
AS A STUFFY NOSE,
THAN THOSE WHO
DIDN'T FOLLOW THIS
HEALTHY EATING
PATTERN.



THE NOSE KNOWS

Pills not your thing? There is a natural treatment that's been shown to be effective for relieving nasal stuffiness caused by seasonal allergies: using an over-the-counter saltwater rinse or spray to swish out the snot, along with lingering allergens and symptom-causing inflammatory cells.

"Just the moisturizing effect produces a soothing sense of relief," notes Dr. Ellis, adding that when she washes out patients' sinuses to obtain cell samples for research, "they're amazed at how much better they feel." What's more, "Saline rinses are so safe that you can use them up to six times a day if you can find the time."

You can even make your own saltwater solution at home. Just ensure that the water has been thoroughly boiled to eliminate the risk of a (rare) brain infection caused by an amoeba that is sometimes found in tap water. For a good recipe, go to aaaai.org and search for "saline rinse."

PEEPER RELIEF

For itchy, watery eyes, over-the-counter allergy drops, like Visine Allergy or Optichrom, may be worth a try. These products typically contain either an antihistamine or a medication that prevents certain immune cells from unleashing symptom-causing chemicals. It's worth noting, though, that unlike their prescription counterparts, over-the-counter drops often

contain a decongestant to help manage redness that, if used for long periods, may cause "rebound redness" when discontinued. If you're concerned about this, speak to your health-care practitioner for a prescription medication.

WHAT'S NEXT?

If over-the-counter options don't control your symptoms, "You should definitely see a physician," says Dr. Ellis, "because there are treatments that can provide better relief." These include under-the-tongue tablets that, like allergy shots, gradually teach your immune system to tolerate increasing doses of a particular allergen (such as grass pollen) without hitting the panic button. "These treatments modify the disease rather than just control symptoms in a safer and more accessible formulation than injectable allergy shots," says Dr. Ellis. 

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Chemical Free

joyofthemountains.com

Available in natural health food stores, select grocery stores and pharmacies.

*Reference: Anti-Influenza virus activities of commercial oregano oils and their carriers. *Journal of Applied Pharmaceutical Science* 2012; 02(07) 214-18.

HERBS THAT HEAL

Study after study proves that Mother Earth has done a bang-up job in providing us with the tools we need to stay healthy. Here are five standout herbs that heal, protect and do a whole lot more.

by ELISA KOSONEN

A

LARGE PORTION OF MY CHILDHOOD memories, at least between the ages of seven and 15, can be traced back to staying home sick from school. Stomach migraines (like a stomach ache but with symptoms like nausea, vomiting and abdominal cramping), pneumonia, bronchitis, mono – I was one sickly kid. It certainly wasn't for lack of nutrition, or even a will to avoid the classroom – though I did love going to work with my mom as I could watch all the Mickey Mouse cartoons my heart desired. My immune system just wasn't up to snuff.

When I visited a naturopath for the first time in my late 20s, I discovered there was a world of whole



ECHINACEA
HELPS YOU SAY
“BUH-BYE”
TO COLDS FASTER

foods and healing herbs that could actually change the course of my health. And it wasn't just for hippies. (This was well before the juicing craze and health revolution of late.) I started eating ginger for my digestive issues, taking echinacea at the first hint of a cold and drinking camomile tea when work stress took over – and it worked. My body has been an antibiotic-free zone for some time.

The use of alternative and natural remedies is now commonly accepted, as many people turn to herbs and nutrition to support their health. My own medicine cabinet has undergone a complete makeover and sort of resembles a spice rack. Let's just call it herbal magic. Give it a try.



TUMMY
TROUBLES?
GINGER HELPS
REDUCE THE
RUMBLERS

1

GINGER (*ZINGIBER OFFICINALE*)

Having been used to treat upset stomachs and nausea for more than 2,000 years in Asian herbal traditions, ginger has a well-documented history of helping to improve digestion. Canada has one of the highest rates of irritable bowel syndrome (IBS) in the world: Five million

Canadians suffer from it, and more than 20 million Canadians struggle with more generalized digestive disorders every year. Eat the ginger on your next plate of sushi or add it to a green smoothie.

2

RED RASPBERRY LEAF (*RUBUS IDAEUS*)

"Raspberry leaf is one of the most widely used herbs in pregnancy. This herb supplies high levels of iron and other minerals to the uterus. It is used as a tonic to strengthen uterine muscles and tone the pelvic floor in preparation for childbirth," says Carley Mendes, a holistic nutritionist who specializes in fertility and women's health during and after pregnancy. But she warns that some women see an increase in Braxton Hicks, so it's recommended to wait until the 32nd week of pregnancy to begin.

3

LAVENDER (*LAVANDULA SPICA*)

According to Statistics Canada, women have a harder time falling asleep than men. A little lavender could help us get more rest and enjoy a deeper slumber. The oil in its pretty flowers gives the herb a fragrant scent that provides a calming, soothing and sedative effect. Don't knock aromatherapy until you try it. If a recent study by *The Journal of Neuroscience* is correct, lack of sleep could actually deplete brain cells. That's a strong argument for getting to bed earlier. Try **Avalon Organics** Lavender Hand & Body Lotion.

WEB
EXCLUSIVE

TEA TIME? HERBAL TEAS ARE BRIMMING WITH BENEFITS. FIND OUT WHICH ONES ARE BEST AT BESTHEALTHMAG.CA/HERBAL-TEA

4

ECHINACEA (*ECHINACEA PURPUREA*)

Laugh in the face of cold and flu season when you have this immunity booster in your arsenal. Many studies support echinacea as an aid to enhance the immune system, reduce inflammation and provide antiviral benefits. It's also particularly useful for lessening the symptoms of upper respiratory tract infections, sore throats and congestion. You may be tempted to consume them daily, but echinacea supplements are reactive and should be taken at the very first indication of a symptom. Echinacea pallida has also been shown to heal wounds, which is a great benefit for its use in skin care. Try **Éminence Biodynamic Echinacea Recovery Cream**. Although it's not a medical ointment, it's reported to fight signs of aging and clear skin imperfections.

5

GOLDEN ROOT (*RHOIDIOLA ROSEA*)

Known as the "new ginseng," this herb fights fatigue and can enhance mental function. It may also be helpful for women looking to boost fertility. "As an adaptogen, this herb improves the body's response to stress – mental, physical and emotional," says Mendes. "Stress is one of the leading causes of infertility. Rhodiola helps relieve amenorrhea (loss of menstrual cycles) and improve egg maturation. It also balances the thyroid gland, which many women don't realize is necessary for fertility." *MR*



ISTOCK



Traditional
herbal medicine
for digestion.



Some people can't stomach the sight of dandelions in the lawn.

Interestingly enough, the dandelions we harvest from wild meadows in places like Poland help treat digestive disturbances.

NPN 80001158



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Dandelion Root

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everyday active

10 MINUTE TUNEUPS™

SPONSORED BY

FILA

STRESSED?

FREE WEIGHTS MAY LIGHTEN YOUR LOAD

Did you know that exercise helps deplete stress hormones and instantly triggers the release of mood-boosting endorphins?

One of the shortest routes to attaining this overall feeling of wellness is by performing weight-bearing exercises. We like free weights, as they are one of the simplest, most effective ways to add resistance to your muscles, joints and bones.

To get you started, we've created a customized workout specially designed to release mood-boosting endorphins and stimulate the beneficial side effects that relieve stress. In just 10 minutes, it works your entire body using traditional and effective resistance training moves.

Perform these stress-relieving exercises three times a week for maximum results. Choose dumbbell free weights ranging from three to eight pounds, depending on your current fitness level.

Before you know it, you'll be saying sayonara to stress.

WARM UP

Spend five minutes preparing your body for exercise by marching on the spot or dancing to your favourite song. Getting your heart rate up and blood flowing before any weight-bearing activity is important to avoid injuries.



OUR EXPERT

THIS WORKOUT WAS DESIGNED BY **STEPHANIE JOANNE**, A PERSONAL TRAINER AND REGULAR *BEST HEALTH* CONTRIBUTOR.



WATCH A VIDEO OF THIS WORKOUT WITH LAYAR



GET HER LOOK!
FITNESS TRAINER
RACHEL DAVIS IS
WEARING WORKOUT
GEAR FROM THE FILA
FUNCTION SPRING
2015 COLLECTION: TOP,
BOOTCAMP SCOOP, \$30;
BOTTOMS, A.I. CAPRI,
\$60; SHOES, WOMEN'S
INERTIA, \$99

1

BICEP CURL
AND PRESS
(2 MINUTES)

A. Stand with your feet shoulder width apart, holding a weight in each hand. Let your arms hang down with palms facing forward.

B. While keeping your elbows close to your body, begin to bend your arms, bringing the weights close to your shoulders. In this position, focus on squeezing your bicep muscles while your palms are facing in toward your body.

C. Extend your arms up toward the ceiling as your hands rotate to face away from your body. Hold for one deep breath before returning them to the starting position.

Easier option: Try one arm at a time.

2

PEC FLY
(1 MINUTE)

A. Lying on your back (or with your head on a pillow), bend your knees and place your feet flat on the floor. Holding one weight in each hand with your elbows slightly bent, extend both your arms up over your chest with your palms facing in toward each other.

B. In a slow and controlled movement, lower your arms to your sides until your elbows are just about to touch the floor. Bring your arms back to the starting position and repeat.

Easier option: Use lighter weights if you find this move challenging.

3

BENT-OVER
ROW
(1 MINUTE)

A. In a standing position with one dumbbell in each hand, begin to hinge your body forward by bending at your hips. Maintain a flat back and bring your elbows up to a 90-degree bend while squeezing your shoulder blades together.

B. Straighten both arms toward the floor without curving your back. Return to the starting position. Each time you bring your elbows up, remember to focus on squeezing between your shoulder blades.

Easier option: Return to the standing position after a few reps for one deep breath before continuing.

EDITOR'S
PICKS

Looking to add a little more oomph to your routine? Check out some of our fave fitness finds this month.

SUD-SATIONAL
NO SWEAT SPORT WASH, \$16



WHY WE LOVE IT
IT'S GENTLE ON THE
ENVIRONMENT BUT TOUGH ON
STINK AND STAINS.

DUFFLE UP
FILA CARBON DUFFLE, \$60

WHY WE LOVE IT
GREAT FOR A WEEKEND TRIP;
THERE'S A SEPARATE POCKET
TO STORE ANY LAUNDRY.



SEE SHOPPING GUIDE FOR BUYING INFORMATION

TRUE BLUE
FILA VANQUISH CAPRI, \$60

WHY WE LOVE IT
THE LIVELY COLOUR WILL
BRIGHTEN YOUR DAY WHILE
KEEPING YOU COOL.



BLITZ
RACERBACK TANK



4

**ALTERNATING
LUNGE
(2 MINUTES)**

A. Stand with a dumbbell in each hand and your arms hanging by your sides. Take a big step forward with your left foot and place it flat on the floor. Simultaneously rise up on the toes of your right foot.
B. Bend your left knee until your thigh is parallel to the floor. Hold this position for one deep breath before you push back with your left leg until your feet are in starting position.
C. Repeat on your right side and continue alternating legs.

Easier option: Ditch the dumbbells and place your hands on your hips.

5

**SQUAT
(2 MINUTES)**

A. Stand with your feet slightly wider than shoulder width apart. Holding a weight in each hand, let your arms fall naturally by your sides with your palms facing in toward your body.
B. Keeping a flat back, begin to bend your knees as you lower your buttocks down until your thighs are parallel to the floor (as if you were sitting in a chair).
C. After one deep breath, straighten your knees and return to the starting position.

Easier option: Ditch the weights and place your hands on your hips. Lower yourself down only as far as you are comfortable.

6

**CRUNCH
AND PUNCH
(2 MINUTES)**



A. Lie on your back with your feet flat on the floor. Holding a dumbbell in each hand, curl your upper body up off the floor.
B. When you have reached your highest comfortable point, punch in front of you, across to the opposite knee, once with each arm before returning to the starting position.

Easier option: Ditch the dumbbells and curl your body only as far as you are comfortable.

COOL DOWN
Use your favourite stretches to lower your heart rate. Relax your mind and body before continuing on with your day.

Fila Fitness Tip:

Change your strength training workouts regularly for maximum results.



Sticking with the same routine can cause your muscles to adapt to those exercises and prevent them from offering the same benefits. Varying your strength workouts will keep you motivated and help lead to better results. The Blitz tank from Fila has lightweight, moisture wicking mesh that will keep you comfortable and the range-enhancing racerback design allows for a full range of motion – so you can keep your mind on your workout, not your gear.



Smoothies That Keep Your Waistline In Check

Now is the time that most of us start thinking about our weight loss goals. After all, that's what New Year's resolutions are for. Diet shakes don't have to taste bland and boring. Delicious smoothies made with Almased give your metabolism a natural boost and help you burn fat while retaining muscle mass. Replace one or two meals a day with an Almased shake for weight loss or add it to your regular diet routine for wellness. The recipes on the right will help you shape up by shaking it up! You can find more at www.almased.ca or by giving us a call at **1-877-256-2733** (toll-free).

Try Any Of The Delicious Smoothies Below To Get Your Diet Started

Cinnamon Roll

- 8 Tbsp Almased
- 360 ml unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 360 ml unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 60 ml cold coffee
- 1 tsp stevia (optional)



Green Energy

- 8 Tbsp Almased
- 360 ml unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Carrot Cake

- 8 Tbsp Almased
- 360 ml unsweetened vanilla almond milk
- 60 ml carrot juice
- 1 tsp ground flaxseeds
- 1 Tbsp walnuts
- A pinch of cinnamon



For nutritional information on our shake recipes, go to figureplan.com/recipes and enter source code **BHB**.

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~ Monique A.
Quebec, Canada

Here's How It Works

Simply add Almased shakes to your daily diet.



+



+



For more details on the four phases of the Almased Diet and delicious recipes, download our free Figure Plan from figureplan.com, enter source code: **BHB**.

Start the Almased Diet today! For retailer inquiries, please call **True North Nutrition** directly toll-free at **1-800-261-4223**. For questions on Almased, please call us directly toll-free at **1-877-256-2733** or visit almased.ca.

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LIVE WELL**

Loblaw's
at select stores

CRUSHING ON CANMORE

Whether you're looking for March break ideas or a holiday off the beaten path, you'll fall in love with this gorgeous Rocky Mountain playground. *by KAT TANCOCK*

1,650

Number of participants who bike for 24 hours each July at the Canmore Nordic Centre's 24 Hours of Adrenalin event



11,000

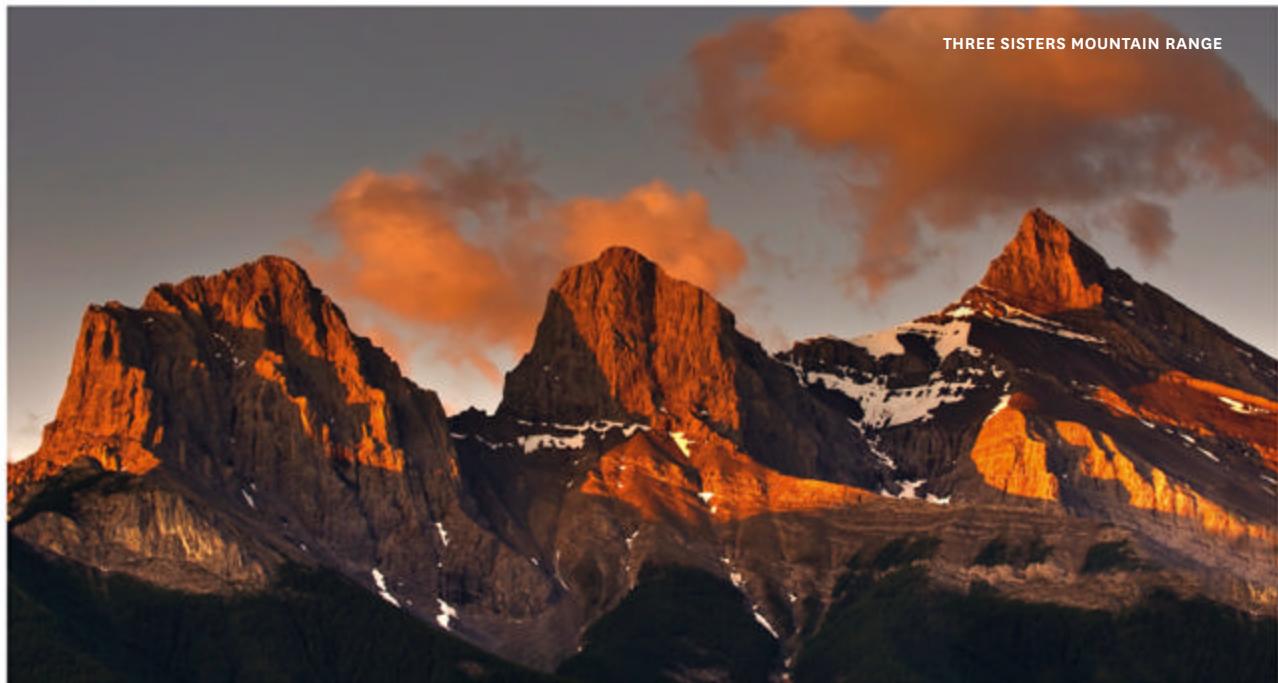
Number of years Canmore Kananaskis has been inhabited by humans



1,309

Downtown Canmore's height above sea level in metres





THREE SISTERS MOUNTAIN RANGE

BOW RIVER, SARA RENNER AND RUNNER, TOURISM CANMORE; MOUNTAIN RANGE, ISTOCK

WHEN CROSS-COUNTRY SKIER SARA RENNER'S POLE broke during the team sprint event at the 2006 Olympic Games in Turin, Italy, what could have been tragedy turned to triumph after Norwegian coach Bjørnar Håkensmoen handed her a replacement – and she and partner Beckie Scott raced on to win the silver medal. (Håkensmoen's show of international camaraderie earned Norway more than 600 messages of thanks from Canadians and a whopping 8,000 cans of maple syrup.) Now retired, Renner and husband Thomas Grandi, also an Olympic alpine skiing veteran, are proud residents of Canmore, AB, and owners of Paintbox Lodge, a five-room boutique hotel. paintboxlodge.com

One of the reasons Renner loves Canmore is that you don't really need a car to get around. "I never drive," says Renner. The town, which has a year-round population of 12,317, offers public pathways along all rivers and streams. Whether by foot, inline skates, bike or even (conditions permitting) skis, Renner says Canmore is an incredible place to be human pro-

pedled. In the warmer months, you can even head to Banff via the paved, 20-kilometre Rocky Mountain Legacy Trail (canmore.ca), says Renner, adding that it's easy to cut the trip in half by taking the bus – which has bike racks – one way.

During the winter, check out Canmore Nordic Centre Provincial Park. It has more than 65 kilometres of multi-use cross-country trails and is one of the few remaining operational Olympic Nordic skiing venues in the world. The park begins farming snow in the summer months, so at least one trail system is operational by mid-October. Renner calls the trails "the best in the world," and it's only a 25-minute walk from their home. albertaparks.ca/canmore-nordic-centre.aspx ►



SARA RENNER

GET ACTIVE IN CANMORE

BLITZ SNOWSHOE FUN RUN

MARCH 7

Strap on your snowshoes and choose between 5K and 10K distances for this fun run or walk around the trails in nearby Lake Louise. snowshoe.blitzevents.ca

CANMORE WINTER MELTDOWN TRIATHLON

MARCH 22

Do all three events (mountain biking, running and cross-country skiing) on your own or split the challenge among two or three teammates at this fun and challenging race for all levels. Proceeds support Canada's national cross-country ski team. canmorewintermeltdown.com



CANMORE UNCORKED

APRIL 7 TO 19

Celebrate the best of the town's food and drink scene with events including a wine festival, a craft beer festival, a long table dinner, dine-arounds and prix fixe menus at more than 30 restaurants. tourismcanmore.com/event-calendar/canmore-uncorked



WHAT DO YOU LOVE ABOUT THIS POSTCARD-PRETTY TOWN? TWEET US @BESTHEALTHMAG

IF YOU GO...

SLEEPING

SOLARA RESORT & SPA

187 Kananaskis Way

Massive luxury suites make for comfortable getaways for couples or families. If you can drag yourself away from that cozy spot in front of your suite's fireplace, head to One Wellness & Spa downstairs to fit in a workout – Pilates, TRX and personal training are all on offer – or go for a steam, sauna or spa treatment. solararesort.ca; onewellnessandspa.com

DINING

TAPAS

633-10 St.

Set in an old home just off Main Street, Tapas offers Spanish-style hot and cold sharing plates alongside an extensive list of wines, cava and homemade red or white sangria.

The kitchen will happily recommend or adapt menu items to meet gluten-free, vegetarian or other dietary needs. And you'll want to save room for dessert, from classic blueberry cheesecake to peanut butter mousse with chocolate-covered banana popsicles. tapascanmore.ca



CHEF OSCAR GEORGE BAYNE

not get delivery with a twist? Chef Oscar George Bayne will show up at your door with all the ingredients for a gourmet dinner party or tasting menu featuring seasonal, local, organic and/or free-range items; dishes can be adapted for any dietary restrictions. Or book him for a cooking class in the big open kitchen at Paintbox Lodge. canmorecatering.ca

CRAZYWEED KITCHEN

1600 Railway Ave.

A favourite of Renner's, this bright, modern restaurant serves up an eclectic menu of "good whole food" – internationally inspired salads, sandwiches, curries and small plates such as tuna tartare – daily for lunch and dinner.

crazyweed.ca

SHOPPING

EMBODY ACTIVEWEAR

101-830 Main St.

Stock up on fitness and active-lifestyle gear from multiple brands at this cute boutique that's part of a Pilates studio. Shop for yoga clothes from Vancouver-based Tonic, or travel-friendly dresses from Montreal company Fig, alongside bags, mats, foam rollers and other props and accessories. embodypilates.ca

ACTIVITIES

INSIDE OUT EXPERIENCE

SNOWSHOEING

Outdoor guides (who are available year-round) take guests on winter tours using trails all around the region. The half- or full-day snowshoeing adventure excursion includes stories of local history,



ecology and geology, as well as hot chocolate, snacks and, for all-day snowshoers, lunch. Consider booking a wilderness survival course, too, to learn how to start a fire safely, create a shelter and purify water. insideoutexperience.com

RE:FOCUS PILATES

826 Main St., Suite 205

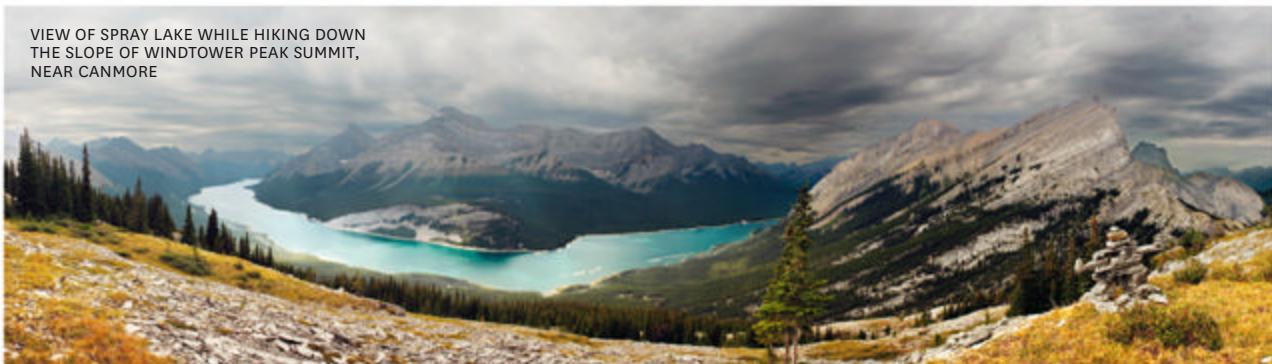
Target your core, hip and thigh muscles at a barre fitness class with owner Melissa Semenek, whose cheerful demeanour only seems to build as she guides you through. refocuspilates.ca

ELEVATION PLACE

700 Railway Ave.

Features at this brand new downtown multiplex include a climbing gym, a cardio and weight room and an aquatics centre with competition-length lap pool, leisure pool with sloped bottom, water slide, children's play area, steam room, 25-person hot tub and relaxing "lazy river." The public library is on-site, as is a daycare that will keep kids occupied for \$6 an hour. elevationplace.ca

VIEW OF SPRAY LAKE WHILE HIKING DOWN THE SLOPE OF WINTOWER PEAK SUMMIT, NEAR CANMORE



CLIMBING, COURTESY ELEVATION PLACE; LANDSCAPE, SHUTTERSTOCK; CHEF, ERIC DAIGLE; TAPAS, COURTESY TAPAS



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NEST EGG

Invest in your health: Diversify your egg portfolio beyond breakfast and you'll instantly increase your nutritional assets. For fast and easy ideas, turn to page 120.

photography by MAYA VISNYEI

15 ways to clean up your diet



“Clean eating” sounds daunting – even New Agey – but it’s just about going back to basics. Our advice? Try it – you’ll like it. Here are 15 ideas to get you started.

by ALEX MLYNEK

’TIS THE SEASON FOR NEW BEGINNINGS and fresh ideas. So, why not extend that thinking to your diet? Green, clean and lean eating is easier than you think.

“Clean eating means incorporating real, fresh, whole foods into your diet – foods that are free of additives, preservatives and ingredients you can’t pronounce,” says Peggy Kotsopoulos, holistic nutri-

tionist and author of *Kitchen Cures: Revolutionize Your Health With Foods That Heal*.

It’s about choosing foods that have not been processed or, if so, are close to their natural state. The benefits are pretty impressive: improved health, better weight management and increased energy, says Kotsopoulos. Read on to nudge your eating habits in a healthy direction.

1

WASH UP FIRST

Fruits and veggies need to be cleaned first, even if you're going to peel them. This is especially true of watermelon, which often goes from the trunk of the car right into the fridge and then onto a platter without being washed. There's no need to give prewashed greens another rinse.



2

EAT A NUTRITIOUS BREAKFAST

"It's best to eat within 15 to 20 minutes of getting up in the morning," says Rosie Schwartz, a dietitian and author of *The Enlightened Eater's Whole Foods Guide*. "If you go longer, your blood sugar may spike when you finally eat, and more insulin may be required to bring it down to normal. High insulin readings go hand in hand with more difficult weight management and other health issues." Steel-cut oats, plain Greek yogurt and fresh fruit, whole grain toast and natural peanut or almond butter, or an omelette with vegetables are all healthy choices for your first meal of the day.



THINK INSIDE THE BOX

Boost the variety of foods in your diet by signing up for a fruit and vegetable box service. You may end up occasionally getting produce you have no idea what to do with, but the Internet is your friend when you need to learn how to cook something. You just might discover a new favourite.

3



4

DRESS IT DOWN

Less is typically more when it comes to dressing a salad. However, if you make your own with healthy fats like extra-virgin olive oil, you can use one to two tablespoons, since healthy fats are essential for the absorption of many of the nutrients your salad contains. Chefs like Gordon Ramsay and Bobby Flay suggest you either put the salad dressing in first or dribble it down the sides of the bowl beside the greens, then use clean hands to gently toss the leaves.



GO FOR A WHOLE IN ONE

Whole tomatoes, for instance, are best because their nutritional sum is greater than their parts, says Schwartz. Canned can be just as good as fresh, as long as you choose wisely. Go for diced tomatoes that haven't been peeled or whole tomatoes with the peel, says Schwartz. "If you take off the peel, you're losing a lot of the lycopene, the red pigment that offers the antioxidant benefits. And if you remove the seeds, you lose the anti-clotting benefits from the gel-like substance around the seeds."

5



6

PLAN AHEAD

You're less likely to fall back on old habits (like grabbing take-out) if you make a meal plan for the week. One simple time saver is to cook a double batch of protein-and-mineral-packed quinoa on Sunday. It keeps in the fridge for up to five days and you can use it as a base for a number of dishes, including stir-fries and salads, which are easy to throw together yet filling.



LOVE YOUR LENTILS

These little guys are loaded with fibre and protein, making them a fantastic food for controlling blood sugar and helping you manage your waistline (they also reduce your cholesterol). Rinse canned varieties to lower your salt intake. If you'd prefer to process them yourself, soak and cook a bunch at once, divvy them up (a typical can holds a little more than two cups of lentils) and pop them in the freezer. Thaw and add them to stews and soups, or bake with them – lentil cake is delish.



LOOK BEYOND LOCAL PRODUCE

Local fruits and veggies are ideal, when they're in season – asparagus, radishes and spinach should be ready soon – but in the middle of winter, the selection can be limited. Opt for imported produce as long as it tastes good (no need to waste money on gritty peaches you won't enjoy), or try frozen fruits or veggies, which Schwartz says, "can be local, fabulous-tasting and full of nutrition."

8



9

THINK BEFORE YOU CHEW

Write down what you're about to eat before you eat it, suggests Schwartz. It will help you take pause, which will give you a chance to consider if it's the right choice for you. It's a good strategy if you're trying to change your eating habits or maintain new ones.



Green vegetables are full of vitamins, minerals and phytonutrients and are packed with energy-boosting chlorophyll, which helps increase red blood cells necessary for delivering oxygen to cells. Try watercress, recently named the most nutrient-dense vegetable in a study published in the journal *Preventing Chronic Disease* (kale was number 15, behind such pedestrian greens as romaine lettuce and spinach). Try watercress in salads or soups or blanched and mixed with minced garlic and sesame oil.

QUINOA, LENTILS, RASPBERRIES, WATERCRESS, SHUTTERSTOCK; PEN, ISTOCK

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11

PASS ON THE SALT

"Instead of heavily processed table salt, add olives to your dish (if the taste fits) or blend naturally salty celery into soups and salad dressings," says Kotsopoulos.

12

KIT OUT YOUR KITCHEN

Committing to clean eating means you'll cook from scratch more often, so make things easy on yourself by buying a top-notch chef's knife to make chopping a breeze. If you already have a great knife, do keep it sharp; it's easier to cut yourself with a dull blade. And, if you don't already own one, consider investing in an enamel Dutch oven. It's the perfect piece of crockery for cooking nourishing soups and even baking bread!

SNACK SMARTER

Snack foods are notoriously full of refined ingredients, so make sure to read the labels when buying bars, crackers or other snacks. There are decent options out there, but you want to try to find something with as few ingredients as possible and look for whole grains. Both Schwartz and Kotsopoulos recommend fresh fruit, nuts (with skin), cheese and dried fruit as healthy snack options.

13



14

SKIP SEASONING MIXES

Those pouches of prepackaged spices for tacos or soups are often high in sodium and preservatives. Instead, play around with ingredients like ground cumin (which is a good source of iron), chili powder, paprika, dried oregano, cayenne or other dried and ground peppers, and garlic powder to find the right flavour match for your next batch of tacos or burritos. Feel free to use dried herbs; they have stronger flavours than fresh, says Kotsopoulos, which make them great for cooking. One caveat: They lose some of their nutritional profile if they sit in your cupboard for too long, so remember to rotate your stock.

MAKE A DATE WITH DATES

They're a fantastic natural sweetener for homemade treats like pudding, energy bites and smoothies. Not only do dates have a low glycemic index but they also contain fibre, which will keep you satisfied for longer than your usual go-to sweets, like candy, chocolate and cookies. *MF*

15





WANT MORE WAYS TO
REDUCE YOUR SUGAR
INTAKE? CHECK
OUT GUIDING STARS:
NUTRITIOUS CHOICES
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LOVE BLUEBERRIES
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SUGAR LOW

Start your day on a high with these breakfast tweaks

WE ALL NEED A LITTLE SUGAR - IT ACTS AS FUEL for energy, as well as for cell and muscle function. But while sugar provides a quick boost, in the long run too much sugar consumption actually zaps our energy and leaves us craving more – a vicious cycle better not started at all, especially first thing in the day.

Not only that but consuming too much “added sugar” (sugar introduced during the preparation or processing of foods) can lead to high blood sugar levels, which have been linked to heart disease, stroke

and diabetes, along with other health conditions, including high blood cholesterol and cancer.

Added sugar contributes only empty calories – that is, nothing of value – to healthy body function. Sugar in coffee is obvious, but sneaky offenders found in common breakfast foods include granola bars, muffins, cereals and jams. Canada's Food Guide recommends limiting your intake of added sugar, but striving to avoid it is even better.

On the flip side, naturally occurring sugars offer



by ALISON KENT photography by MAYA VISNYEI



HAVE YOU FOUND YOUR STARS TODAY?

Guiding Stars is a 3 Star nutritional rating system to assist you in finding nutritious food choices on shelf labels. The program points you towards foods that contain vitamins, minerals, fibre, omega-3 and whole grains vs. saturated fat, trans fat, added sodium and added sugar. 3 Stars is the highest rating a product can receive.

For more information and participating store locations, visit guidingstars.ca.



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essential vitamins and nutrients and help you feel satiated for longer. Milk, plain unsweetened yogurt, cheese, fruits and vegetables are good choices and work nicely for breakfast. Think fruit bowls or yogurt parfaits – delish!

According to the Heart and Stroke Foundation, for your overall diet your consumption of added sugars should make up less than 10 percent of your daily total. To put that in perspective, in a 2,000-calorie diet, 10 percent is about 12 teaspoons, or 48 grams.

With a few tweaks, it's simple to change habits and wean yourself off excess sugar. A balanced breakfast will set the stage and keep you on track all day. And, as an added bonus, following a reduced-sugar diet can include a positive, more stable mood, clear head and good energy levels. So, what will you be having for breakfast today? 



Dish do over

DITCH THE SUGAR AND REDUCE UNHEALTHY CRAVINGS
WITH THESE SATISFYING SWAPS

SWAP THIS

BOXED CEREAL

With or without marshmallows or cartoon characters on the box, some brands contain a staggering 10-plus grams of sugar in a single serving.

FOR THAT

OATMEAL WITH FRUIT

Packed with soluble fibre to help regulate blood sugar levels and lower cholesterol, nutty-tasting oatmeal also keeps you full. Opt for plain over flavoured instant packets, then top with milk and berries.

COFFEE WITH CREAM AND SUGAR

Skip the double-double or whipped-cream-topped macchiato and avoid that caffeine buzz and elevated blood sugar levels.

GREEN TEA

For natural sweetness, choose tea enhanced with dried orange or berry. Rich in antioxidants, green tea offers a pick-me-up with less caffeine than coffee (30 mg versus 180 mg per cup).

CINNAMON BUNS

While their aromas captivate, starting your day with this sugar-laden treat will send blood sugar levels through the roof and, once they crash, leave you hungry and craving more sugar.

CINNAMON RAISIN ENGLISH MUFFIN WITH RICOTTA AND APPLE

Fibre-rich whole-wheat muffins keep blood sugar levels stable while squelching hunger. Top a toasted muffin with calcium-rich ricotta and sliced apple for added fibre and vitamin C.

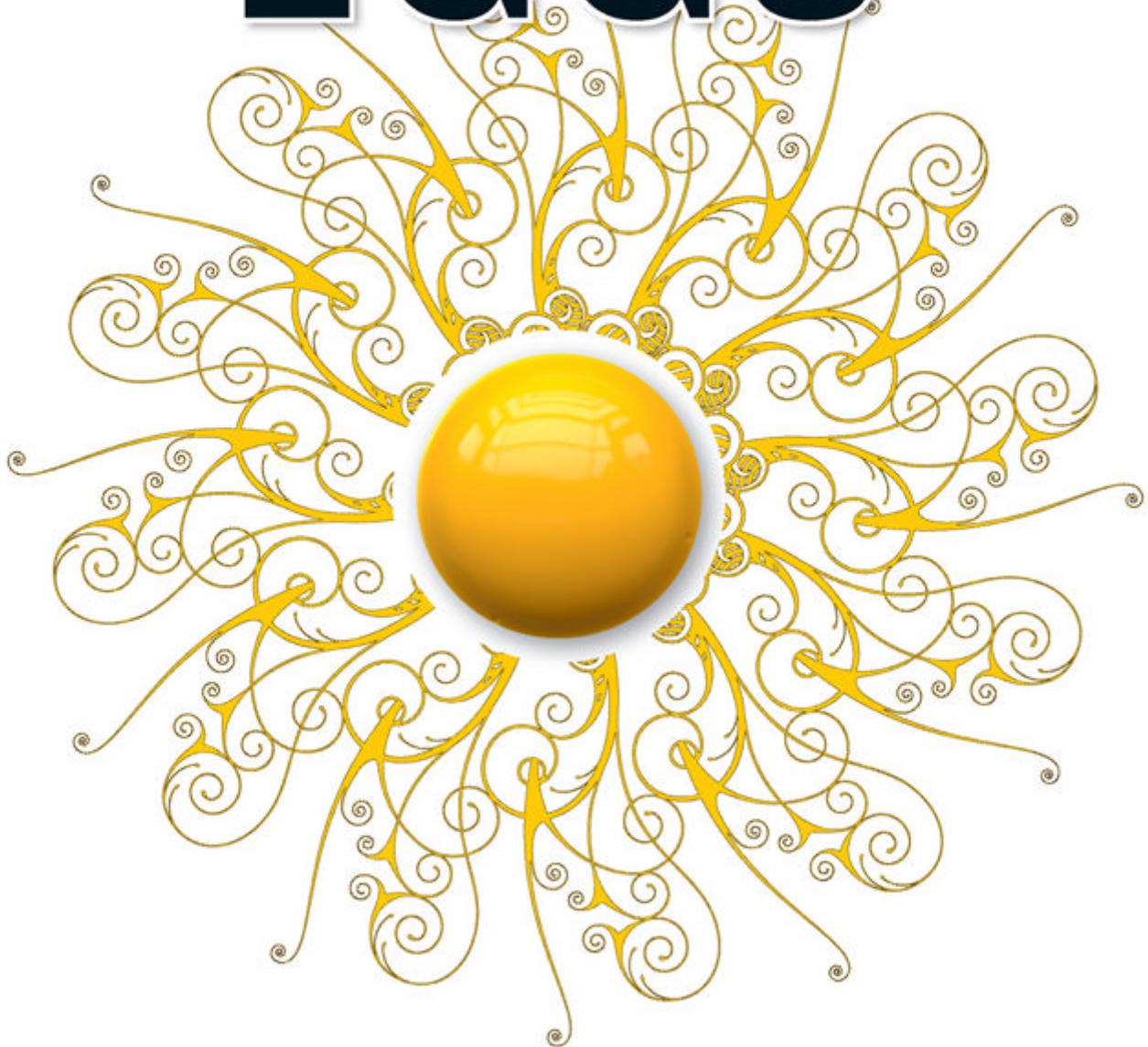
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THE SUNNY SIDE of EGGS



Step aside breakfast, eggs are playing in the big leagues now, with starring roles in pizza, curry, tacos and more. For a fast, fun and nutritious spin on dinner, try one of these recipes tonight. *by MATTHEW KADEY, RD*

photography by MAYA VISNYEI food & prop styling by SASHA SEYMOUR



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egg-recipes](http://besthealthmag.ca/egg-recipes)

**SUNNY-SIDE-UP
PITA PIZZAS**

page 126



NUTTY EGG CURRY

INGREDIENTS

- 6 large eggs
- 2 tsp (10 mL) canola or grapeseed oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 2 tsp (10 mL) minced fresh ginger
- 1 tsp (5 mL) brown mustard seeds (optional)
- 2 tbsps (30 mL) yellow curry paste
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) sea salt
- 1 cup (250 mL) canned crushed tomatoes
- 1 cup (250 mL) light coconut milk
- 1/4 cup (60 mL) roughly chopped almonds
- 1/3 cup (75 mL) basil
- 2 cups (500 mL) cooked brown rice

METHOD

To hard boil eggs, place in a medium-sized saucepan and add enough water to cover them. Bring to a boil and immediately remove pan from heat. Cover and let stand 10 minutes. Transfer eggs to a bowl of very cold water to cool, and then peel. Slice peeled eggs in half lengthwise and set aside. In a large saucepan, heat oil over medium heat. Add onion and cook until soft, about six minutes. Add garlic, ginger and (if using) mustard seeds; cook one minute. Stir in curry paste, cinnamon and salt; heat 30 seconds more. Add tomatoes; reduce heat and simmer for five minutes, stirring occasionally. Add coconut milk and simmer for three minutes. Stir in almonds and basil. Gently lower eggs into sauce and heat through. Serve over rice.

Serves four. Per serving: 331 calories, 14 g protein, 16 g fat (5 g saturated fat), 34 g carbohydrates, 5 g fibre, 317 mg cholesterol, 468 mg sodium.



QUINOA
SALAD WITH
POACHED
EGG
page 124



EGG TACOS WITH AVOCADO
SAUCE *page 126*

TEX-MEX MUFFINS

pictured below

INGREDIENTS

- 4 large eggs
- 4 large egg whites
- 1 cup (250 mL) chopped green pepper
- 2 cups (500 mL) chopped mushrooms
- 1 cup (250 mL) grated part-skim mozzarella cheese
- 1/3 cup (75 mL) low-fat milk
- 2 tsp (10 mL) fresh thyme
- 3/4 tsp (4 mL) paprika
- 1/4 tsp (1 mL) sea salt
- 1/4 tsp (1 mL) black pepper
- 2 cups (500 mL) jarred salsa

METHOD

Preheat oven to 375°F. In a large bowl, whisk eggs and egg whites. Stir in remaining ingredients except for salsa. Divide mixture among 10 greased muffin cups. Bake for 20 minutes, or until eggs set. Let cool for five minutes before unmoulding. Serve muffins with salsa on the side.

Makes 10 muffins. Per muffin: 94 calories, 9 g protein, 4 g fat (2 g saturated fat), 6 g carbohydrates, 1 g fibre, 93 mg cholesterol, 508 mg sodium.

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love, one of these
recipes? Take a pic
and post it on our
Instagram page using
hashtag #besteats.

QUINOA SALAD WITH POACHED EGG

pictured on page 123

INGREDIENTS

- 3/4 cup (175 mL) uncooked quinoa
- 1 1/2 cups (325 mL) low-sodium vegetable broth
- 1 tbsp (15 mL) canola or grapeseed oil
- 1 medium sweet potato, peeled and grated
- 1 shallot, minced
- 1 garlic clove, thinly sliced
- 1 1/2 cups (325 mL) halved cherry tomatoes
- 3 cups (750 mL) baby spinach
- 4 large eggs
- 2 tbsp (30 mL) chopped chives
- 1/4 cup (60 mL) grated Parmesan cheese
- 1/4 tsp (1 mL) black pepper
- hot sauce (optional)

METHOD

To cook quinoa: Heat a medium-sized saucepan over medium heat. Add quinoa and toast until fragrant and beginning to pop, shaking the pan often, about four minutes. Add vegetable broth, bring to a boil, reduce heat and simmer, covered, for 12 minutes or until liquid has absorbed. Turn off heat and remove pot from burner. Let stand five minutes, covered, and then gently fluff with a fork.

While quinoa is resting, heat oil in a large skillet or wok over medium heat. Place grated sweet potato in a colander and squeeze out as much liquid as possible. Add sweet potato to skillet and cook for four minutes, or until just tender. Add shallot and garlic, and cook one minute more. Stir in quinoa and cherry tomatoes; heat for one minute. Add spinach and cook until slightly wilted. Remove from heat, cover to keep warm and set aside.

To poach eggs, fill a large skillet with water and bring to a boil over high heat. Then remove pan from heat, and gently crack eggs into the water. Turn off heat. Cover pan tightly and let sit four minutes for a soft yolk (five minutes for firm). Using a slotted spoon, carefully remove poached eggs from water. To serve, divide quinoa mixture equally among four plates and top with a poached egg. Garnish with chives, Parmesan cheese, black pepper and, if desired, hot sauce.

Serves four. Per serving: 356 calories, 22 g protein, 14 g fat (3 g saturated fat), 41 g carbohydrates, 10 g fibre, 217 mg cholesterol, 733 mg sodium.

INTRODUCING



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SUNNY-SIDE-UP PITA PIZZAS

pictured on page 121

INGREDIENTS

- 2 tsp (10 mL) canola or grapeseed oil
- 1 sweet onion, thinly sliced
- 1 medium zucchini, thinly sliced (we used a mix of yellow and green)
- 4 whole-wheat pitas, 6-in. diameter
- 1 cup (250 mL) low-sodium refried beans
- 1½ cups (325 mL) arugula (reserve some for garnish)
- 1 cup (250 mL) grated low-fat mozzarella cheese
- 1 large tomato, finely chopped
- 4 large eggs
- ¼ tsp (1 mL) black pepper

METHOD

Heat oil in a skillet over medium heat. Add onion and zucchini, and cook until softened, about six minutes. Preheat oven to 400°F. Place pitas on a baking sheet. Spread an equal amount of the refried beans over pitas and top with arugula, mozzarella cheese, cooked zucchini and onion, and tomatoes. Form a well in the centre of the toppings of each pizza and crack an egg into each, being careful not to break yolks. Cook in oven about 15 to 25 minutes, until eggs are set as firmly as desired. Garnish with additional arugula and black pepper.

Makes four pizzas. Per pizza: 437 calories, 16 g protein, 15 g fat (6 g saturated fat), 55 carbohydrates, 9 g fibre, 233 mg cholesterol, 707 mg sodium.

EGG TACOS WITH AVOCADO SAUCE

pictured on page 123

INGREDIENTS

- 4 large eggs
- 2 large egg whites
- 1 red bell pepper, diced
- 2 green onions, thinly sliced
- ¼ tsp (1 mL) black pepper
- ½ tsp (2 mL) sea salt, divided
- 2 tsp (10 mL) canola or grapeseed oil
- 1 avocado, peeled and pitted
- ½ cup (125 mL) reduced-fat sour cream
- Juice of ½ lime
- 1 garlic clove, minced
- ¼ tsp (1 mL) cayenne
- 8 6- to 8-in. corn or whole-wheat tortillas, warmed
- 1 tomato, diced
- ¼ cup (60 mL) cilantro

METHOD

In a large bowl, whisk eggs and egg whites with 2 Tbsp (30 mL) water until yolks and whites are well blended. Stir in red pepper, green onion, pepper and ¼ tsp (1 mL) salt. Heat oil in a large skillet over medium-low heat. Add egg mixture and cook for five minutes or until lightly set, scrambling them periodically as they cook. In a blender or food processor, place avocado flesh, sour cream, lime juice, garlic, cayenne and remaining salt, and whirl until smooth. Divide scrambled eggs equally among tortillas and top with equal amounts of avocado sauce, tomatoes and cilantro. Fold over tortillas, or roll them up to keep the eggs inside.

Serves four. Per serving: 422 calories, 16 g protein, 22 g fat (5 g saturated fat), 42 g carbohydrates, 7 g fibre, 217 mg cholesterol, 792 mg sodium.

* This recipe is higher in fat than the others because of the avocado – but it's the healthy kind of fat. *MF*



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BREAKFAST *is served*

We've all heard that breakfast is the most important meal of the day, but sometimes it's hard to get inspired before the sun is even up. Here are a few early morning menu ideas from the cookbook *Brown Eggs and Jam Jars* by Aimée Wimbush-Bourque.

BUTTERMILK
BUCKWHEAT
PANCAKES



AIMÉE SHARES HER
BEST KITCHEN HACK
AND MORE



MAPLE WALNUT
GRANOLA

BUTTERMILK BUCKWHEAT PANCAKES

On weekend mornings I can't flip these pancakes fast enough for my children, especially when served with our own maple syrup. Fortunately, they are substantial enough to keep all of us going until lunchtime. I stock a bag of organic buckwheat flour exclusively for this recipe in my freezer, where it stays fresh. It provides a nutty flavor, but doesn't weigh down the pancakes.

1 cup (250 mL) buckwheat flour
1 cup (250 mL) whole wheat flour
1 teaspoon (5 mL) baking powder
1/2 teaspoon (2 mL) baking soda
1/2 teaspoon (2 mL) cinnamon
1/2 teaspoon (2 mL) salt
1/4 cup (60 mL) unsalted butter, melted
1 tablespoon (15 mL) pure maple syrup
2 large eggs
2 1/4 cups (550 mL) buttermilk
1/2 teaspoon (2 mL) cooking oil

1. Preheat oven to its lowest setting.
2. In a medium bowl, whisk together buckwheat flour, whole wheat flour, baking powder, baking soda, cinnamon and salt.
3. In a large bowl, whisk together melted butter, maple syrup and eggs, then stir in buttermilk. Dump dry ingredients into wet ingredients and beat just until combined. Do not overmix.
4. Heat a griddle or large cast-iron skillet over medium heat. Grease with cooking oil. Spoon batter onto griddle $\frac{1}{4}$ cup (75 mL) at a time. Cook for $1\frac{1}{2}$ minutes, or until small bubbles form around the edges. Flip and cook until golden brown on the bottom, about 1 more minute.
5. Place pancakes on a baking sheet or in a pie plate lined with a clean tea towel. Cover pancakes and keep warm in oven while you cook the remainder of the pancakes. Serve pancakes hot with softened butter and pure maple syrup.

Makes 10 (6-inch/15 cm) pancakes

MAPLE WALNUT GRANOLA

Homemade granola is a household staple that tastes better than anything you can buy and is much cheaper to make yourself. Ours is sweetened with maple syrup, while applesauce aids in forming those delicious clusters. My sons like their breakfast version plain, no raisins or other dried fruit, merci, although I shake in a few sunflower seeds and walnuts for texture. For an extra-special version of this granola, I add $\frac{1}{4}$ cup (60 mL) organic maple flakes for a burst of sweetness. They're available from online retailers and some Canadian grocers.

MAKES 6 CUPS (1.5 L)

2/3 cup (150 mL) applesauce
1/2 cup (125 mL) pure maple syrup
3 tablespoons (45 mL) extra-virgin olive oil
3/4 teaspoon (4 mL) salt
1/2 teaspoon (2 mL) cinnamon
4 cups (1 L) old-fashioned rolled oats
1 cup (250 mL) walnut pieces
1/2 cup (125 mL) unsalted sunflower seeds
1/4 cup (60 mL) organic maple flakes (optional)

COCONUT CREAM BAKED OATMEAL

A coconut crème brûlée from my catering days inspired this dish – that and my family's undying love of all things oatmeal in the morning. Always an enthusiast of the do-ahead breakfast, I developed this recipe to be mixed together the evening before and chilled overnight to absorb the liquid. The results are creamy, delicious and well received by the little critics. In this recipe, the eggs add a little extra protein as well as a custard-like richness to the dish. A sprinkling of toasted coconut and a drizzle of additional honey are our preferred toppings to finish off this nourishing breakfast.

1 teaspoon (5 mL) coconut oil
2 medium eggs
1 small can (5 1/2 ounces/160 mL) coconut milk
1/3 cup (75 mL) liquid honey, warmed
1/2 teaspoon (2 mL) pure vanilla extract
2 cups (500 mL) water
1 cup (250 mL) steel-cut oats
1/2 cup (125 mL) shredded unsweetened coconut, divided
1/4 teaspoon (1 mL) salt

1. MAKE AHEAD

Generously grease a 3-quart (3 L) casserole or 9-inch (2 L) square baking dish with coconut oil. In a medium bowl, beat eggs, coconut milk, honey and vanilla until smooth. Add water, oats, $\frac{1}{4}$ cup (60 mL) of the coconut and salt. Mix well.

2. Pour mixture into the prepared casserole and cover with plastic wrap.

Refrigerate overnight

3. In the morning, preheat oven to 350°F (180°C).
4. Remove plastic wrap and bake oatmeal for 35 to 40 minutes or until set in the middle. Meanwhile, toast the remaining $\frac{1}{4}$ cup (60 mL) coconut in the oven on the side, stirring once or twice, for 4 to 6 minutes or until light golden.
5. Drizzle oatmeal with a little extra honey and sprinkle with toasted coconut. Serve hot.

Serves 4

1. Position oven racks in middle and top third of oven and preheat oven to 300°F (150°C). Line two rimmed baking sheets with parchment paper.

2. In a large bowl, stir together applesauce, maple syrup, oil, salt and cinnamon. Add oats, walnuts, sunflower seeds and maple flakes, if using. Stir well to combine everything, taking care that the oats are fully coated.

3. Divide the oat mixture between the baking sheets and spread to an even layer. Bake for 25 to 30 minutes, until golden brown, rotating the baking sheets and giving the granola a stir halfway through the baking time.

4. Turn off oven. Dry granola for 15 minutes in the oven with the door slightly ajar, then cool completely on the counter.

STORAGE

This granola will keep in an airtight container for up to 1 week or in the freezer for up to 3 months.

FROM BROWN EGGS AND JAM JARS BY AIMÉE WIMBUSH-BOURQUE.
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by ABBEY SHARP,
REGISTERED DIETITIAN

WITH MILD WEATHER JUST AROUND THE corner, I think we're all ready to retire the roasts and heavy casseroles in favour of lighter meals and more fresh foods. To celebrate spring, I've chosen my top five local, lean and green foods with surprising nutrition benefits, that will get you looking at your neighbourhood farmers' market with fresh inspiration.

WILD LEEKS

WHY TO TRY Also known as ramps, these members of the onion family tend to get a lot of attention for their

antibacterial content. But if you're saving wild leeks for cold and flu season, you're missing out on their other benefits. Wild leeks also contain chronic-disease-fighting kaempferol, an antioxidant that research suggests may reduce the risk of cancer and cardiovascular disease by decreasing oxidative stress and fighting cancer-causing free radicals.

HOW TO TRY Substitute wild leeks for half of the basil in your family's favourite pesto recipe, then toss with pasta, smear on sandwiches or swirl into soups.

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ASPARAGUS

WHY TO TRY We know to fill up on these high-fibre stalks if we're trying to cut calories and fat. But asparagus also provides a serious dose of folate and a powerful antioxidant called glutathione, both of which research suggests may help slow age-related cognitive and physical decline and the onset of disease.

HOW TO TRY Cut calories and boost nutrition by substituting half your pasta with asparagus noodles. Shave stalks into strands using a vegetable peeler or mandolin, steam for three minutes until tender and top with your favourite pasta sauce.

PASTURE-RAISED OR OMEGA-3 EGGS

WHY TO TRY We've always praised eggs as a vegetarian-friendly source of protein, but they also contain a lofty dose of eye-protecting antioxidants, including lutein and zeaxanthin. In one controlled study, eating just over one egg a day for about a month increased the body's lutein levels by as much as 50 percent and zeaxanthin by as much as 142 percent. Although further research is needed to better understand how lutein interacts with the eyes, some studies have shown that elevated levels of this antioxidant may reduce the risk of age-related macular degeneration and cataracts.

HOW TO TRY Whip up the classic Israeli one-pan breakfast called shakshuka (tomato sauce with lightly baked eggs). Simply simmer 1 diced bell pepper, with 1 onion, 3 cloves garlic, and 3 cups chopped canned tomatoes with 1 teaspoon each cumin and sweet paprika in an oven-safe pan. Top the mixture with 4 eggs and 2 ounces of crumbled feta. Bake at 375°F for 10 minutes until the egg whites are set. Serve with whole grain bread or pita.

GRASS-FED MILK

WHY TO TRY We all know to drink our milk for protection against osteoporosis, colon cancer and other diseases, but the grass-fed variety offers bonus benefits of heart-protecting conjugated linoleic acid and a much-needed extra dose of omega-3s. Research suggests that the average North American consumes as much as 16 times as many omega-6 fatty acids as omega-3s, due to our love of processed foods and refined oils, which may contribute to an increased risk of cardiovascular, autoimmune and inflammatory diseases.

HOW TO TRY Brown 1 whole chicken in a Dutch oven, then cover it in 2 cups grass-fed milk with 4 cloves garlic and the zest of 2 lemons. Braise for 1½ hours until tender and serve with the milky sauce.

AMARANTH

WHY TO TRY Folks with celiac disease or gluten intolerance have long praised this whole grain as a gluten-free go-to. But with 26 grams of high-quality complete protein per cup, amaranth has muscle-supporting and satiating benefits for veg heads and carnivores alike.

HOW TO TRY Toast ¼ cup grains in a dry pan with another ⅓ cup of a combination of shaved coconut and seeds and nuts of your choice until the amaranth "pops" and turns golden brown. Layer on top of your morning yogurt and berry parfait for a satisfying crunch. *✓*



WE CAUGHT UP WITH...

Lauren Marshall, executive chef at the buzzing vegan resto enVie in Halifax

by RENÉE SUEN

LAUREN MARSHALL MAY HAVE GROWN UP ON MEAT and potatoes, but the inventive vegan chef – and registered holistic nutritionist – is now a bona fide expert on healthy eating. She had an epiphany about nutrition when she realized that her mother's health issues, including cardiovascular disease and diabetes, could have been prevented through diet. As a result, Marshall decided to compete in season four of *Top Chef Canada*, using it as a platform to spread the word about healthful eating. "I realized I could be part of the new future of nutrition, making it known that we can heal ourselves through food," she says. *Best Health* sat down with the brand ambassador for Yves Veggie Cuisine to talk about healthy eating, vegetarianism and finding food inspiration on Pinterest.

BEST... DISH

My most popular dish is the mushroom "scallop." I did it on *Top Chef Canada* and it's still the restaurant's bestseller. You can make it with tofu or king mushrooms because of their big, thick stems. Cut the tofu or mushrooms to look like a scallop and coat them in a marinade using veggie stock, tamari, garlic, chili or whatever you want. For a sea flavour, add some kelp and let it marinate for an hour to three days in the fridge. A really fun thing to do is a "bacon-wrapped scallop": Take a veggie "bacon" strip and wrap it around the mushroom "scallop," stick a toothpick through it and bake it in the oven.

BEST... ADVICE FOR WOULD-BE VEGETARIANS

It doesn't have to be all or nothing. For me, making a slow transition was the best way because it also prepares the people around you for the change. Someone who is very new to vegetarian food – who might have grown up on meat and potatoes like I did – can ease their way into eating more vegetarian foods by choosing a product like Yves. There are tons of varieties, they're easy to find and it's a simple and accessible way to cook vegetarian.

BEST... FOOD MEMORY

I've been obsessed with mushrooms my entire life. I love mushrooms. I like eating them, I like foraging for them and I like cooking with them and finding new recipes to try with them. My grandfather was a chef in the navy, so I always talked to him about cooking ideas. One of my favourite memories was being on the phone with him and learning how to make cream of mushroom soup – I was probably six or seven.

BEST... KITCHEN HACK

As a vegan chef, I'm often asked what is used to replace eggs in baking recipes. There are many things you can use, but one tablespoon of ground chia (or flaxseed) with one tablespoon of water for every egg called for in a recipe works really well.

Also, banana works well instead of eggs in banana muffins. And instead of leavening powder, I like to use a little bit of apple cider vinegar.

BEST... SOURCE OF INSPIRATION

Photos! I like popping on Pinterest and seeing what people are doing, then trying to figure out how I can do it in a vegan way. I think it's all about reinventing the old.

BEST... GO-TO

One of the hardest things to find is a vegan dessert. I like making cashew cheesecake inspired by the time of the year. In summer, I add strawberries or blueberries.

BEST... ADVICE FOR "CLEAN EATING"

Reading labels is really important. Try to avoid foods that are genetically modified (look out for wheat, soy and corn) or that have additives you can't pronounce. These additives are taxing on our bodies, making it harder for us to absorb nutrients and they create more stress on our elimination pathways. Stock your pantry with proteins, such as legumes, nuts and seeds. Lentils are great because you don't have to presoak them and you can have a meal in 30 minutes. And eliminate "white" foods. *BR*



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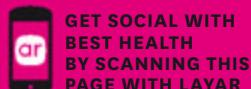


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PINK LADIES

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GRAPEFRUIT IS LOADED WITH vitamin C, supporting heart health, immunity, even collagen production, to ensure a youthful-looking complexion. Just one half, sliced over a spinach salad, eaten straight out of the rind with a spoon, or even stirred into a cocktail (grapefruit-mint mojito, anyone?) provides about 50 percent of your recommended daily intake of C.

But, you don't even have to eat grapefruit to reap some of its most amazing benefits. The mere smell of citrus can curb stress and relieve depression. Grapefruit essential oils can be used in a diffuser or combined with a carrier oil for use in an uplifting aromatherapy massage. Plus, research from Osaka University in Japan suggests that a whiff of grapefruit can boost metabolism and reduce food cravings. (With swimsuit season just around the corner, that's sure to perk you up!) *TH*

*photography by MAYA VISNYEI
styling by CLAIRE STUBBS*

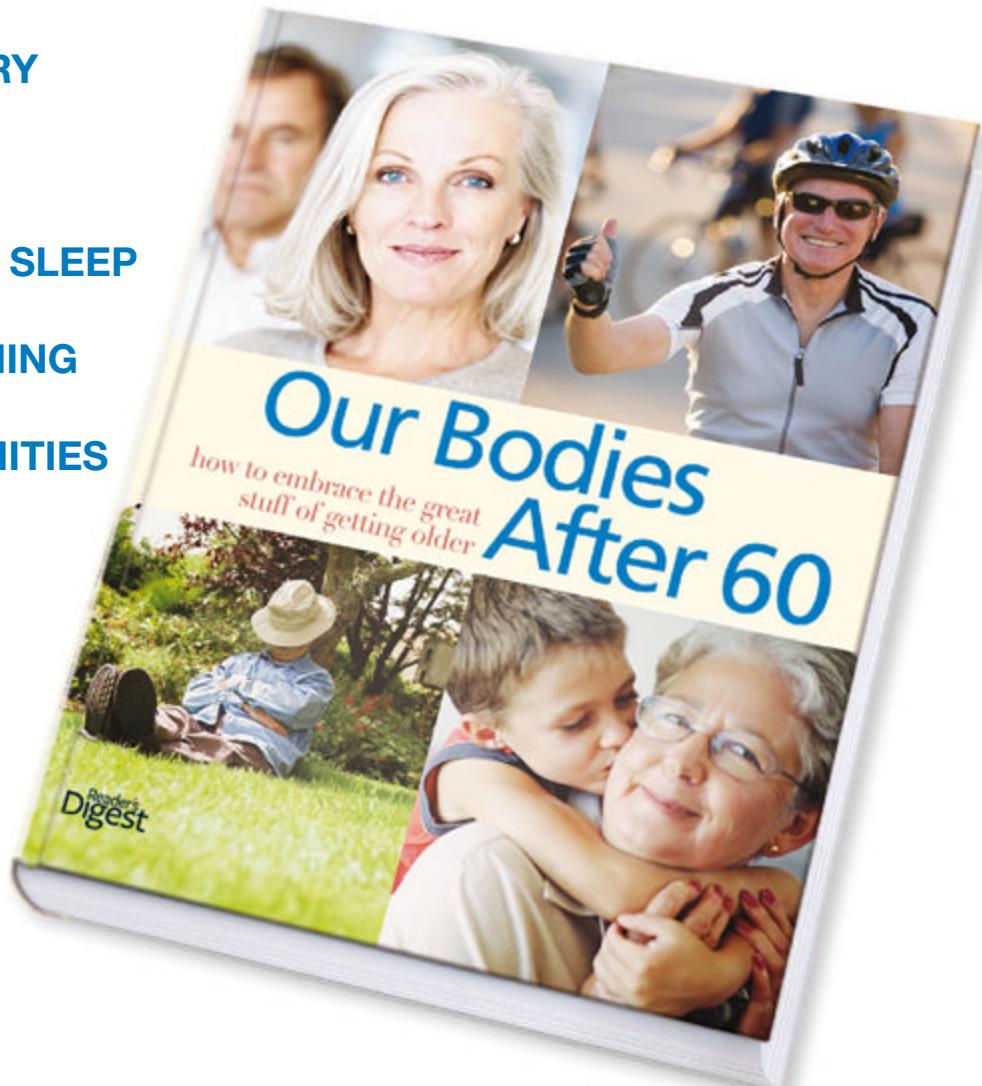
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Titika: titika.ca

Lolë: lolewomen.com

Tory Burch: toryburch.com

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Nars: Sephora, Hudson's Bay, Holt Renfrew, Murale, narscosmetics.com

Michael Kors: Hudson's Bay

Chanel: Chanel beauty counters, chanel.com

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Dior: Dior counters, thebay.com

Hard Candy: walmart.ca, hardcandy.com

Elizabeth Arden: Hudson's Bay, Shopper's Drug Mart

Kérastase: Kérastase salons, kerastase.ca

Lise Watier: Shopper's Drug Mart, Hudson's Bay, lisewatier.com

MAC: maccosmetics.com

Make Up For Ever: Make Up For Ever Boutiques, sephora.com

Rodial: murale.ca

Marc Jacobs: sephora.com

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Lush: lush.ca

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Philips: London Drugs, Personal Edge

Consonant: consonantskincare.com

Clarisonic: Sephora, launching online at clarisonic.ca in May

Kellet: kellettskincare.com

Skyn Iceland: Murale, murale.com, select Shopper's Drug Mart stores

Ours: Rexall, rexall.ca

Live Clean: live-clean.com

The Body Shop: thebodyshop.ca

Tata Harper: murale.ca

Lancôme: lancome.ca

Joe Fresh: Loblaw's, Real Canadian Superstore

Jurlique: Sephora, select spas, jurlique.ca

STYLE FEATURE

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Ted Baker: Toronto Eaton Centre, Yorkdale Shopping Centre, tedbaker.com

Pink Tartan: pinctartan.com

Gucci: gucci.com, sephora.com

DKNY: watchit.ca

French connection: canada.frenchconnection.com

Liu Jo: liujo.com

TOMS: toms.ca

Gap: gapcanada.ca

Reitmans: reitmans.com

Balenciaga: sephora.com

Nine West: ninewest.ca

RW&CO: rw-co.com

Chloé: sephora.com, thebay.com

Express: express.com

Mackage: mackage.com

MICHAEL by Michael Kors: Michael Kors Boutiques, Browns

Elizabeth Arden: elizabetharden.ca

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424 Fifth: Hudson's Bay, thebay.com

Judith & Charles: judithandcharles.com

Michael Kors: Michael Kors Boutiques, michaelkors.com

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Eminence: eminenceorganics.com/ca

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EVERY ISSUE WE ASK A NEW QUESTION – CROWDSOURCED CONTENT TO INSPIRE YOU!

THIS ISSUE'S QUESTION: WHO IS A KEY INFLUENCER IN YOUR LIFE?

My husband. He is always encouraging me and for that, I am so grateful.

ELLEN BOERJES, MOUNTAIN VIEW, CA

I would not be the person I am without my parents. My dad, who instilled in me integrity, fairness and hardwork; and my mother, who taught me to treat all people with respect and always help others first.

JANE KERR, MISSISSAUGA, ON

My “person” is Betty from the Reconnect Youth Shelter. She always gave her love to the fullest and I will always be thankful for having her as a part of my life. Many others have been blessed to call her a friend.

TIANDA RAE LAVALLEE, PRINCE GEORGE, BC

My best friend from childhood is the person who inspires and influences me the most. He's been with me through thick and thin, so I totally trust him for advice!

CHAD CAMPBELL, WATERLOO, ON

My husband! Living with somebody of his intelligence has helped me to always strive to be the very best version of myself.

SANDY BODEAU FROM MIAMI, FL



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